



Need help meeting your health goals?

## Get the extra boost you need with these tools.

### Get the most out of your benefits

Did you know you have the latest health and wellness tools and resources whenever you need them? That makes it a whole lot easier for you to stay on top of your health.

#### Excited? We are.

Just take a look at these resources available to you as part of your health benefits.

- **Employee Assistance Program (EAP):** You and your household members can turn to your EAP 24/7/365. You can get information and resources that help address issues like family, work or finances that may be causing stress or concern.
- **24/7 NurseLine:** Registered nurses are on call 24/7 to help you with everything from a baby's fever to allergy relief tips and can advise you on where to go for care.
- **Future Moms:** Nurses help moms-to-be follow a health care provider's plan of care, identify any risks, make healthier decisions during pregnancy and prepare for delivery. Future Moms with Breastfeeding Support on LiveHealth Online offers moms online visits with a lactation consultant, counselor or registered dietician through private and secure video using a smartphone, tablet or computer.
- **MyHealth Advantage:** When gaps or risks are identified, you'll get a confidential MyHealth Note, outlining specific actions you can take for better health and lower health care costs.
- **ConditionCare:** If you're dealing with a chronic condition like asthma or diabetes, you'll get one-on-one help from a health care professional. You'll learn easier ways to manage your health and reach your health goals.
- **Case Management:** If you have complex health issues, our care managers will work with you to stay on top of your health issues and navigate the health care system. Backed by a team of doctors, pharmacists, exercise physiologists and others, our care managers have the latest information and treatment options.
- **Shopper programs:** These programs can help you make informed decisions about care and costs for some of the common services and procedures you may need.
- **Online Wellness Toolkit:** Available on anthem.com, the Online Wellness Toolkit gives you resources you need to set and achieve your unique health goals. It includes a health assessment for identifying health risks, guidance for lowering those risks, personalized progress trackers and fun activities that promote healthier decision-making.

### Need answers right away? Just reach out to us.

Have a question about a claim? Wonder how much you'll pay out of pocket for care? No worries. Just ask. You'll get the personalized support you need with Anthem Health Guide.

With Health Guide, you have access to highly trained professionals, who can walk you through the sometimes-confusing health care system. They can help you:

- Connect with programs and support covered by your plan.
- Stay on top of your preventive exams and screenings.
- Get answers to questions about a claim.
- Compare costs on health care services.
- Find doctors in your plan.

**Want to chat?** Reach out to a Health Guide by calling the Member Services number on the back of your health plan ID card. You can also send us a secure email or chat with us online. Just go to [anthem.com](https://www.anthem.com).

## How to make good health pay off

It's true that good health is its own reward. But getting something extra feels good, too. That's how Health Rewards works. It rewards you and your covered spouse or partner for taking part in health and wellness programs.<sup>1</sup> As you complete your Health Rewards activities, your rewards dollars are automatically deposited on your Health Rewards card. This is a reloadable rewards card that works like a credit card. You can use it wherever major credit cards are accepted. How you spend your rewards is up to you! You'll get your card 12 to 20 days after completing your first Health Rewards activity.

- **Preventive care:** Preventive exams give your doctor a picture of your overall health. They can help you stay healthy, catch problems early and even save your life. Sometimes it's hard to fit regular checkups and screenings into your schedule. To earn rewards, all you have to do is see your doctor for any needed exam or care listed below. You'll get your rewards once your claims have been processed for all activities:

- Get an annual adult wellness exam and an annual flu shot, earn \$100.
- Get your wellness exam at your doctor's office (primary care doctor). You can get your flu shot at your doctor's office, or at a pharmacy or retail clinic that will submit a claim for it. You don't have to complete the wellness exam and flu shot in any particular order or together. Just be sure claims are submitted for both steps by your doctor or other provider to Anthem.<sup>2</sup>

- **Tobacco-free:** Setting health goals is a big deal. Reaching them is an even bigger one. When you achieve the health measures you and your doctor put together, we'll help you celebrate with rewards:

- Confirm you're tobacco free, earn \$50.

To confirm you're tobacco-free, access the Anthem Health Rewards site through [anthem.com](http://anthem.com). When you're on the site, you'll find the tobacco-free certification on the *Ways to Earn* page. Follow prompts to complete the online certification. If you're unable to earn the reward for being tobacco-free, you can still earn it by completing a Health Action Plan. The Health Action Plan form is available for download within the online certification process. All Health Action Plans must be filled out and sent in no later than 30 days after the end of the plan period for which you're seeking a reward.

- **Online Wellness Toolkit:** Whether you want to lose weight, eat healthier, exercise more or just feel better, the Online Wellness Toolkit can help. Register at [anthem.com](http://anthem.com) and look for the Online Wellness Toolkit. Set health goals, use wellness trackers and more to earn points.

- Reach 100 points, earn \$50
- Reach 200 points, earn \$50
- Reach 300 points, earn \$50

- **Gym reimbursement:** In addition to your health and wellness programs, you're also eligible to earn reimbursements for your fitness center membership dues.<sup>1</sup> Up to \$400 a year!

Just follow these easy steps to qualify:

1. Work out 35 times in each six-month period within your benefit plan year at a qualifying fitness center.
2. Track your workout sessions.
3. Send in completed required forms.

To find out more and download forms, log in to [anthem.com](http://anthem.com)



<sup>1</sup> Members aged 18 and over, including subscribers' adult children aged 18 and older, are eligible for gym reimbursement. Payout is per member per benefit year. The amount of the reimbursement may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations. This program is designed to help you make healthy, safe and small changes to your lifestyle. Before taking part in this program, talk to your doctor or health care provider – especially if you are pregnant or have an injury or medical condition. This program may not be right for everyone.

<sup>2</sup> Processing of claims may take up to 2 months. Once a claim is processed, you'll be able to see confirmation of the reward in your rewards account on the Anthem Health Rewards site on the Completed Activities page.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](http://anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.