

Facing a complicated health issue? Don't go it alone.

The Care Management program is here to support you

Dealing with a mental or physical health issue can be stressful — but you don't have to go through it alone. That's why your Anthem plan provides the Care Management program, designed to help see you through it.

How we can help

The Care Management program is here to make dealing with a complicated health condition simpler. When you enroll, you'll be paired with a nurse care manager, who will offer you one-on-one support as you work through your issue. This service is included with your Anthem plan at **no extra cost**.

Your nurse care manager is backed by a team of health experts, including doctors, nurses, and pharmacists, who will work together to make sure you're getting the right care at the right time. Think of it as an extra layer of support, on top of the care you're getting from your regular doctor.

People typically use the Care Management program to get help working through health issues, including:

- Serious illnesses, such as cancer or kidney failure
- · Chronic conditions, such as diabetes, asthma, or heart failure
- Trauma or injuries after an accident
- Mental and behavioral health conditions, such as anxiety, depression, substance use, or eating disorders



We're here for you

A nurse care manager may reach out to you if they think the Care Management program would be right for you.

If you'd like to sign up right away or have questions, call **888-613-1130** or Member Services at the number on your ID card.

What to expect

The program will be tailored to your exact situation and what you hope to achieve. Depending on your needs, a nurse care manager can help you:

- Understand your health condition and treatment options.
- Set health goals and make a plan to reach them.
- Find doctors and other care providers in your plan's network to help save you money.
- Talk with all your care providers, including doctors, counselors, specialists, and make sure they're talking to each other.
- Review your medications, if you take any, to make sure they're working for you.
- Make the most of your health plan benefits.
- Connect with helpful local and online resources.



Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HM0 products underwritten by HM0 Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/con/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 Kentucky, Inc. In Maine, Anthem Kansas City area). RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HM0 Missouri, Inc. RIT and certain affiliates administrative services for self-funded plans and do not underwritten by HM0 Missouri, Inc. RIT and certain affiliates administrative services for self-funded plans and do not underwritten by Matter banefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HM0 plans are administrative services for self-funded plans and do not underwritten by Matter banefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HM0 plans are administrative services for self-funded plans and do not underwritten by Matter bronton Health Plans, Inc. In Obio: Community Insurance Company. In Virginia: Anthem Health Plans of New Hampshire, Inc. HM0 plans are administered by Anthem Health Plans of New Hampshire, Inc. HM0 plans are administered by Anthem Health Plans of Wemparate Compansion. (Nice Second Blue Shield in Virginia; Anthem Health Plans of Virginia, accept for the City of Fairfax, the Town of Wienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (EGBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem Health Services Insurance Comparation (WCIC). Compacer underwrites or administers HM0 or POS