

Need a little ...

or a lot of support for your health condition?



Either way, ConditionCare is here for you.

Managing an ongoing health condition isn't easy. And having a little extra help can make all the difference.

That's why we offer ConditionCare, a **no-cost health and wellness program** that provides tools, resources and support to members and their covered dependents with:*

- Asthma (pediatric or adult)
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Diabetes, types 1 and 2 (pediatric or adult)
- Heart failure (HF)



Signing up for ConditionCare is simple!

We'll call you or you can call us toll free at **866-960-0812**. When we talk, we'll verify your identity, ask a few questions to figure out how best to support you and invite you to join the program.

Once enrolled, you get:



24/7 access to a nurse care manager to answer health questions.



Educational resources, like email newsletters.

To really take advantage of the program, we encourage you to register on anthem.com and opt in for email communication.

What you need to know



ConditionCare doesn't replace your doctor. Instead, our nurse care managers work with your doctor to help you follow your care plan and meet your health goals.



You and your covered family members can stay in ConditionCare as long as you keep your health plan and the program is offered.



The health information you share with ConditionCare nurse care managers, your doctor and other health professionals is kept confidential and used only to develop your care plan. When we call, we'll always ask you to confirm your name and date of birth before talking about your health.



**Want to know more?
Ready to take the next step?**
Call 866-960-0812 today!



And Its Affiliate HealthKeepers, Inc.

Health and wellness programs are not covered services under the health plan, but are additions; these programs' features are not guaranteed under your health plan certificate and could be discontinued at any time. 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. Anthem Blue Cross and Blue Shield and its affiliate HealthKeepers, Inc. are independent licensees of the Blue Cross Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.