START WITH HEALTH AND WELLNESS PROGRAMS TO MAKE A REAL DIFFERENCE

Good employee health is good for your business. It’s not just about helping your employees when they’re sick; it’s about helping them get and stay their healthiest. When your employees are healthy, it makes others around them want to be healthy, too.

These health and wellness resources are available as part of your Anthem plan:

- **24/7 NurseLine**: Registered nurses are on call 24/7 to help with everything from a baby’s fever to allergy relief tips and can advise your employees on where to go for care.

- **Future Moms**: Nurses help moms-to-be follow their 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 dietitian through private and secure video using their smartphone, tablet or computer. Through myAdvocate, moms can even receive digital maternity support with access to customizable to-do lists, checklists and pregnancy calendars, interactive chat features and health educational materials.

- **MyHealth Advantage**: When gaps or risks are identified, we mail a confidential MyHealth Note to the employee, outlining specific actions they can take for better health and lower health care costs.

- **ConditionCare**: If you have employees dealing with a chronic condition like asthma or diabetes, they can get one-on-one help from a health care professional. They’ll learn easier ways to manage their health and reach their health goals.

- **Case management**: Your employees with complex health issues can work with our nurses and behavioral care managers to stay on top of their health issues and navigate the health care system. Backed by a team of doctors, pharmacists, exercise physiologists and others, our case managers have the latest information and treatment options.

- **Clinical review initiatives**: Clinical review initiatives include a clinical appropriateness review and help promote cost savings by helping members make informed decisions.

- **Sydney mobile app**: Our new digital platform is your partner in health right in the palm of your hand. Your personalized dashboard not only provides a single location for your plan details and ID cards but it’s tailored to your unique needs. We help you achieve your health and wellness goals and even identify gaps in care to deliver better outcomes and lower costs. You can even find care, schedule appointments or access LiveHealth Online all from one spot.

- **Employee Assistance Program (EAP)**: Employees and their household members can turn to their EAP 24/7/365. They can get information and resources that help address issues like family, work or finances that may be causing stress or concern.

- **myStrength**: This free online and mobile program supports members’ and employees’ emotional health and wellness. It includes tools and resources to help manage addiction, anxiety, chronic pain, depression, stress and sleep. Members and employees can try out positivity training tools, a daily mood tracker, inspirational videos and articles, and e-learning materials.
Help your employees find their way with Health Guide

Navigating the health care system can be confusing and costly. That can make people avoid it altogether. Health Guide simplifies the health care experience and provides a seamless transition from service to care.

Health Guide associates are specially selected and trained to consult and provide comprehensive support. These guides are closely linked to health care professionals, such as nurses, health coaches, educators and social workers. Together, they can educate your employees about their health situation and help them find the right care, at the right time – for the right cost. Plus, reaching a Health Guide is a snap. All your employees have to do is call the number on the back of their member ID card to get the help they need.