



# health **made** whole

Anthem Whole Health Connection



**We believe that when it comes to the health of your employees, the whole picture is the best picture.**

With Anthem Whole Health Connection<sup>SM</sup>, we can look at the full spectrum of your employees' health. Using claims and history data, we can connect the dots between the types of care they get: medical, dental, vision, pharmacy, behavioral health and disability. This gives doctors and other health care providers a more holistic profile of their patients' overall health – and leads to better care, better outcomes and lower costs.

Anthem Whole Health Connection is included at no extra charge for employers with Anthem health and wellness coverage or one or more of the following plans from us: pharmacy, dental, vision, life or disability coverage.



# How does Anthem Whole Health Connection work?



## Results:

Combining medical + pharmacy benefits means total cost savings up to \$28 per member/per month.<sup>1</sup>



## Results:

4% to 40% fewer hospitalizations and 6% to 74% lower medical costs when people with a chronic disease and pregnant women get treatment for their periodontal disease.<sup>2</sup>



## Results:

We identified more than 23,000 people with diabetes through vision claims to date.<sup>3</sup>

## Medical + Pharmacy

When medical and pharmacy programs work together, we can help your employees manage their conditions better. We can:

- Remind members who haven't filled a prescription or had certain lab tests. And we contact their doctor, too.
- Identify members who aren't getting evidence-based care and send them alerts to help them get the right care at the right time.
- Encourage doctors to prescribe certain medications, such as generics, and reward them for following evidence-based medication therapy guidelines.
- Help vision providers manage medication side effects and encourage the use of cost-effective eye medications, when available.
- Take a big-picture, comprehensive approach to managing specialty drugs, which means coordinated care, improved outcomes and better cost management.

## Medical + Dental

Since 90% of diseases show early signs and symptoms in the mouth, oral health is important in overall health. We can:

- Automatically enroll members in extra dental cleanings or periodontal procedures if they have certain medical conditions, such as pregnancy, diabetes, certain heart conditions, organ or bone marrow transplant, any cancer treated with chemotherapy, and head or neck cancer treated with chemotherapy and/or radiation therapy, when actively engaged in an Anthem care management program.
- Send condition-specific dental care alerts to employees with certain medical conditions.
- Provide wellness resources, such as dental health education kits, Ask a Hygienist helpline, dental cost estimator, dental risk assessment and nurse coaches, to help employees manage their dental health.

## Medical + Vision

On average, people are three times more likely to visit their eye doctor than their primary care physician each year. Connecting the two programs allows us to:

- Notify a patient's primary care doctor and care manager when a network eye doctor identifies an illness.
- Identify possible gaps in care by connecting the dots between claims and medical history.
- Reach out to employees who may be at risk for health problems and provide additional support, such as a nurse coach, if needed.



**Results:**  
9% savings in  
year-over-year disability  
costs with medical +  
disability combined.<sup>4</sup>



**Results:**  
60% of members in the Anthem  
Behavioral Health Resource  
clinical care management  
program reported improved  
quality of life.<sup>5</sup>

## Medical + Disability

With medical and disability combined, we can help your employees get back to work sooner and stay healthier. We can:

- Assign a disability case manager and health coach/nurse care manager to help employees stay at or return to work as soon as possible.
- Refer members whose disability claims include a chronic condition diagnosis to Care Management and ConditionCare programs.
- Refer women with high-risk pregnancy disability claims to our Future Moms program.
- Through our Time Well Spent™ online toolkit, help employers educate their employees on how to prevent or minimize common disabling illnesses and injuries.

## Medical + Behavioral Health

In a given year, 1 in 4 adults experiences mental illness,<sup>6</sup> and depression is associated with more than \$44 billion per year in lost productivity in the workplace.<sup>7</sup> When medical and behavioral health programs are combined, we can:

- Provide an enhanced level of care, including early detection and outreach, for employees at risk of complex mental health conditions.
- Address the problems of everyday life through Anthem's Employee Assistance Program to help lessen the strain of stress, depression and other factors that impact emotional well-being.

## How can Anthem Whole Health Connection help your business?

To learn more about how Anthem Whole Health Connection can reduce costs and improve outcomes for your employees, go to [anthem.com/specialty](https://anthem.com/specialty). You can also contact your producer or Anthem representative.

1 Anthem internal analysis, 2014. Savings spread across entire population. Pharmacy savings based on ideal pharmacy portfolio. Results do not represent a guarantee of outcomes; group-specific results and cost savings will vary.

2 Impact of Periodontal Therapy on General Health. American Journal of Preventive Medicine (August 2014): [ajpmonline.org](http://ajpmonline.org).

3 Anthem internal claims data tracked through Q1 2016.

4 Anthem Productivity Solutions Quantifying Value Study, 2015.

5 Anthem data, using the Patient Health Questionnaire (PHQ-9) to measure depression and the SF-6™ Health Survey to measure health-related quality of life.

6 National Alliance on Mental Illness, Mental Illness Facts and Numbers, March 2013, [https://www2.nami.org/factsheets/mentalillness\\_factsheet.pdf](https://www2.nami.org/factsheets/mentalillness_factsheet.pdf).

7 University of Michigan Depression Center. Why Employers Should Care About Depression (accessed June 2016). [depressioncenter.org](http://depressioncenter.org).

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