

## Anthem Health & Wellness Programs

Wellness programs included in your health plan

### ConditionCare | 1-844-507-8472

*Help for long-term health conditions.*

ConditionCare provides clinical team member coaches who work with you one-on-one to help you manage long-term conditions:

- Asthma
- Diabetes
- Coronary artery disease
- Heart failure
- Chronic obstructive pulmonary disease(COPD)
- Hypertension

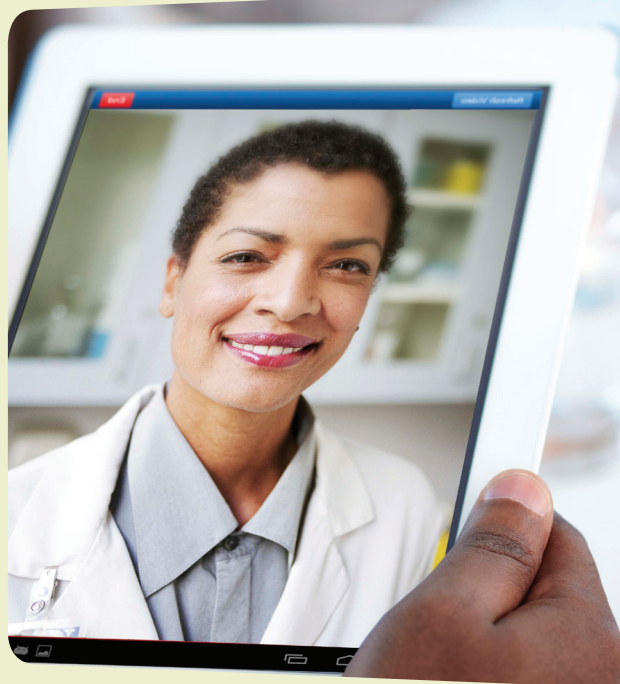
You may receive a call from ConditionCare if your claims indicate you or an enrolled family member may be dealing with one or more of these conditions. While you're encouraged to enroll and take advantage of help from registered nurses and other health care professionals, you may also opt out of the program when they call.

### LiveHealth Online | [LiveHealthOnline.com](https://www.livehealthonline.com)

*Have a video visit with a doctor or therapist at home or on the go.*

- **LiveHealth Online Medical** - Use your smartphone, tablet or computer to see a board-certified doctor any time, day or night, for common medical conditions like the flu, colds, allergies, pink eye, sinus infections, and more. No appointment necessary.
- **LiveHealth Online Psychology/Psychiatry** - You can also make an appointment to see a psychologist, therapist or psychiatrist.
- **LiveHealth Online EAP** - You can access your free EAP counseling sessions from your device. Your EAP covers up to 4 free visits per issue per plan year. Call 1-855-223-9277 to learn more.

Download the app and register on your phone or tablet, or register online at [livehealthonline.com](https://www.livehealthonline.com).



### 24/7 NurseLine & Audio Health Tape Library | 1-800-337-4770

*Have a health question? Pick up the phone and talk to a nurse.*

Sometimes you need health questions answered right away - even in the middle of the night. Call 24/7 NurseLine to speak with a nurse. Or use the Audio Health Library if you want to learn about a health topic on your own. Your call is always free and completely confidential.

## Future Moms | 1-800-828-5891

Your go-to source for all of your questions about pregnancy.

Enroll in Future Moms within the first 16 weeks of pregnancy for free pre- and post-natal support to help ensure a healthy pregnancy. Regular phone calls from your nurse coach make it easier to stay healthy and detect problems while carrying your baby.



Once your baby is born, use LiveHealth Online for online visits with a certified lactation

consultant, counselor or registered dietitian at no extra cost through the **Future Moms with Breastfeeding Support** program.

**Key Advantage Expanded or Key Advantage 250 members:** Enroll within the first 16 weeks and your plan will waive the hospital copayment for delivery.



## Take control of your health today!

Get more information on your Anthem Health & Wellness programs at [anthem.com](https://www.anthem.com) > Login > Care > Health & Wellness Center.



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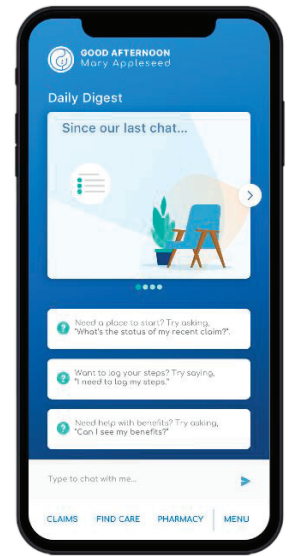
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## Say hi to Sydney

Health care you can carry in your pocket

The **Sydney mobile app** acts like a personal health guide, answering your questions and connecting you to the right resources at the right time. And you can use the chatbot to get answers quickly. Just download the Sydney mobile app from the **App Store (iOS)** or **Google Play (Android)** today so you can access your health plan from anywhere, anytime. You'll use the same user name and password that you use on [anthem.com](https://www.anthem.com).



## Employee Assistance Program (EAP) 1-855-223-9277

Tap into all your EAP has to offer.

Your EAP includes up to 4 free, confidential counseling sessions per issue for you, your covered dependents and members of your household. It's also a valuable source for information about emotional well-being, childcare and elder care resources, financial and legal issues, and more.

Go to [anthem.com](https://www.anthem.com), and log in using *Commonwealth of Virginia* as your company, and then select *The Local Choice*.

