

Need a little ...

or a lot of support for
your health condition?

Let ConditionCare be your wellness guide

Managing an ongoing health condition isn't easy. And having a little extra help and encouragement 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)

If you or a loved one under your insurance plan has any of the conditions named above, you can participate at no extra cost.

Signing up for ConditionCare is easy

We'll call you or you can call us toll free at 866-962-0957. When we talk, we'll verify your identity, ask you a few questions about your health and invite you to join the program.

Once enrolled in ConditionCare, you get:



Educational resources, like email newsletters.



Support from nurse care managers, dietitians, and other health care professionals to help you reach your health goals. .



Depending on your health, you may be asked to complete a health questionnaire. Your answers will help us figure out how to best support you.



Then, we'll put you in touch with a nurse care manager, who'll provide guidance on reaching your health goals. He or she will also follow up periodically to offer encouragement and advice.

To really take advantage of the program, we encourage you to register on [anthem.com/ca](https://www.anthem.com/ca) and opt in for email communication.



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



You and your covered family members can stay in ConditionCare as long as you keep your health plan and the program is offered. Taking part doesn't affect your monthly payments.



Please note: 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. Plus, every time we call, we'll ask you to confirm your name and date of birth before talking about your health.

We're here to help

Call ConditionCare at
866-962-0957 today!

