



Earn rewards for having better health. Let us show you how.

Want to get healthier and be rewarded for it? When it comes to tackling a health issue or reaching a goal, there's no reason to go it alone.

Our health and wellness programs surround you with tools, resources and different ways to help you and your family live healthier. And best of all, they don't cost you anything extra because they're all part of your health plan!

Plus, when you enroll in certain programs or reach your goals, you'll earn rewards for taking part in programs and using online tools.

Better health is your greatest reward. Of course, extra incentives help, too.

You may be able to earn rewards when you take part in any of these programs:

- Enroll in ConditionCare — \$100
- Graduate from ConditionCare — \$200
- Future Moms maternity management program — \$200
- Online Wellness Toolkit — \$150

To learn more about these programs and incentives, go to anthem.com.

Check out the WebMD Online Wellness Toolkit

You have the power to change your lifestyle — whether it's eating healthier, getting into an exercise routine, learning to manage your stress or stop smoking. When you use the Online Wellness Toolkit at anthem.com, you'll take a private Health Assessment, which will give you a snapshot of your overall health. Based on the results, you'll be able to spot areas to focus on that will help you get the most out of the interactive toolkit.

You can earn points for each activity you complete within the Online Wellness Toolkit. Once you reach the 100-, 200- and 300-point levels, you'll get \$50 at each of those levels. So you can earn up to \$150. After you redeem a reward, your points will start again from zero. You'll earn 75 points just by completing the health assessment. Now how can you pass that up?

Consider the toolkit a one-stop shop for your health:

- Use the Health Assistant to meet your health goals by creating a personalized plan based on your lifestyle, interests and schedule.
- Use our trackers to stay on top of your blood pressure, diet, exercise, tobacco use, even your mood.
- Have fun learning how to stay healthy with our interactive quizzes, health information, videos and more.



Call 24/7 NurseLine

Your health concerns don't keep normal business hours. That's why 24/7 NurseLine is here for you any time of the day or night. Call the toll-free number on your member ID card to speak with a nurse when you have a general health question or any urgent health concerns. Depending on your reason for calling, you may even get a follow-up call to make sure you've taken steps to get the right care.

Join Future Moms maternity management program

Are you a mom-to-be? If so, you're just a phone call away from a nurse who can help answer your pregnancy questions. The Future Moms program also offers prenatal goodies, including a book about pregnancy and a week-by-week pregnancy tracking tool.

Take control of a health condition with ConditionCare

If you have one of the five conditions below, this might be the perfect program for you because you can speak one-on-one with a nurse to get support managing your condition. You can also speak with a personal health coach who'll give you tips, help keep you on track and supply encouragement to make a positive change in your health.

The ConditionCare program focuses on these specific conditions:

1. Asthma
2. Chronic Obstructive Pulmonary Disease (COPD)
3. Coronary artery disease (CAD)
4. Diabetes
5. Heart failure



Here's how to sign up for a program or get more information:



Call Member Services at the phone number on your member ID card



Visit [anthem.com](https://www.anthem.com)

