

## ComplexCare

# Support when you need it the most

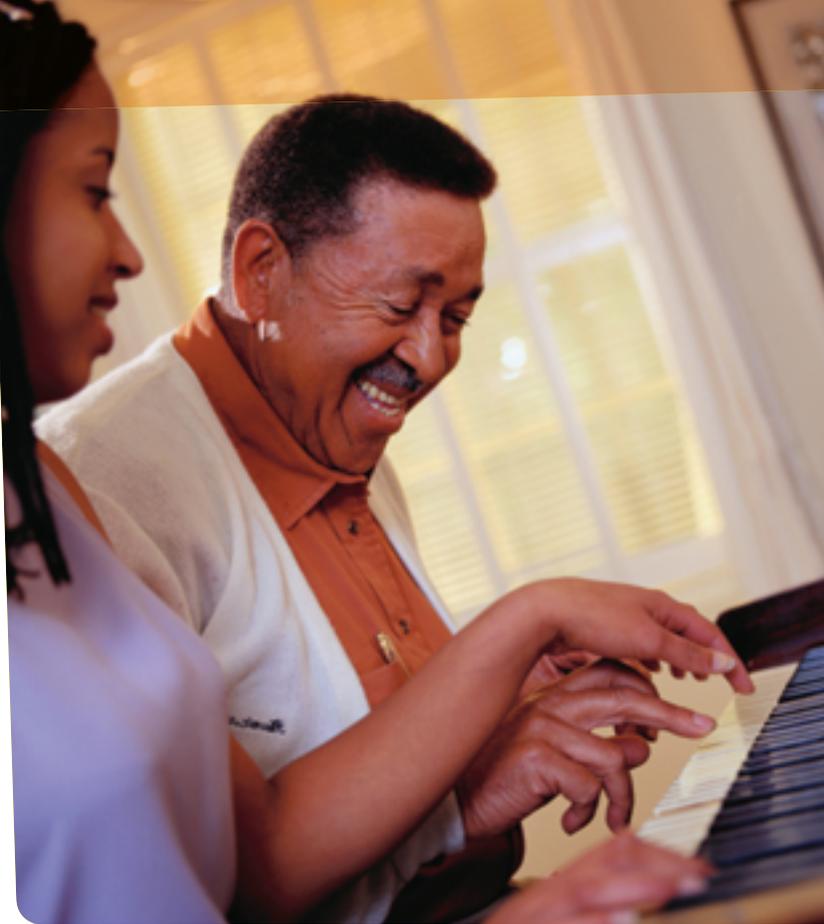
Coping with a health condition that requires frequent medical care can be stressful. Dealing with several complex health issues at once can be overwhelming. At times, it may seem like the odds are stacked against you.

But the experienced nurses who staff our **ComplexCare** program can help you get back on your feet. Working closely with you, your family members and your doctors, our nurses develop an individual plan designed to improve your health and the quality of your life.

If you are eligible to receive the benefits of the ComplexCare program, a nurse may contact you.

Members in the program will receive:

- Personal attention to help you set — and achieve — healthy lifestyle goals.
- Answers to questions about specific treatments.
- Innovative ideas to help you care for yourself and stick with your doctor's advice.
- Referrals to other 360° Health® programs that may benefit you.
- Assistance with coordination of care between your doctors and other professionals who provide the health care services you need.
- Information to help you make smart decisions about your health.



Every one of our nurses is backed by a team of medical specialists in areas such as pharmacy and nutrition. So you can be sure they have access to the most up-to-date information about your treatment options.

To learn more, log in to **anthem.com** today. Not registered? Sign up now for access to personalized service and resources. It's fast, easy – and secure.



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