

Anthem Blue Cross is committed to empowering our members with relevant and timely online health information resources.

Healthcare Advisor™

Provides members with a wealth of personalized and profile-based online content, designed to assist with:

Health Tools

Understanding and managing health issues

Healthwise® Complete Health Encyclopedia

Making responsible health care decisions

Condition Centers®

Reaching their health care goals

MyHealth Record

***“Tell me and I’ll forget;
show me and I may remember;
involve me and I’ll understand.”***

MyHealth Assessment

WebMD® Newsletters/Personal Health News

LEAP®

Healthwise Complete Health Encyclopedia

Your online library of health-related information from A to Z, including: Specific health conditions; **Wise Health Decisions** to help prepare members to participate in doctor visits and health care decisions; **Actionsets** and **Illustrations** giving interactive guidance for day-to-day management of health conditions; and **Decision Points** to break down key information and important issues so important health care decisions can be made. Content is also available in Spanish.

Condition Centers

*Offering in-depth health assessments for more than **35 health conditions**:* members access timely, condition-specific articles written by experienced health care journalists and reviewed by licensed MDs; get the latest news on the most common diseases and conditions; and browse suggested health care links and content related to their condition and/or desired topic.

MyHealth Record

A secure, online location to store and organize health records for members and their families. They'll keep track of medications and vaccinations and store vital family health information that can be accessed quickly in an emergency.

MyHealth Assessment

This easy-to-use tool scores members' health status and recommends behavior improvements and treatment options. Members start by taking a personal health assessment with **MyHealth Assessment** and track their health progress with easy-to-see charts and statistics with **Health Trackers**.

WebMD Newsletters/Personal Health News

Members receive health-related, secure e-mails with current news, drug alerts and health tips, with content based on members' personalized interests and needs (gathered from profile) – they'll stay informed on medical matters that really matter to them!

LEAP

The **Lifetime Exercise Adherence Program** – an online fitness management tool created by an Olympic coach, which measures and manages members' fitness under the guidance of health and fitness professionals. Members receive a fitness level estimate, guidance and modified activity plans and personalized feedback designed to motivate.

Anthem Blue Cross – Giving Members Tools to Pursue their Health Care Goals

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