



This program
is free, included in
your health plan . . .

. . . And can help you deal
with a chronic illness.

It's ConditionCare! This special program helps you and covered family members with these common conditions:

- Asthma
- Diabetes
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Heart failure
- Hypertension
- High blood cholesterol
- Metabolic syndrome
- Obesity

Every day people are diagnosed with these conditions. That's why we've included **ConditionCare** with your health plan. We want it to be there when you need it, at no cost to you.

ConditionCare gives you unlimited 24 hour access to a nurse to answer your questions about any of the above conditions. When you enroll, you'll receive newsletters and other information to help you fully understand your condition. And you'll learn ways to take better care of yourself and make positive changes in your life. Sound good?

Important! Don't be surprised if you get a phone call from someone at **ConditionCare** to tell you more about the program and invite you to enroll. The nurses want to be sure they're talking to the right person. So, for your own protection, they'll ask you to verify your address or date of birth - whichever makes you most comfortable.

Your health counts.
Count on ConditionCare to help.
Call 1-800-445-7922.

Commonwealth
of Virginia

Anthem  