



ConditionCare

Wake up, feel better, repeat daily

If you or someone you love suffers from a chronic medical condition, let us help you get more out of life.

Our **ConditionCare** nurses help people of all ages manage the symptoms of asthma and diabetes, as well as work closely with adults who are dealing with chronic obstructive pulmonary disease (COPD), heart failure and coronary artery disease.

With ConditionCare you'll get the information you need to feel your very best — day after glorious day. Our ConditionCare nurses gather information from you and your doctor. Then they create a personalized plan for you.

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to registered nurses who'll answer your questions and support you in making lifestyle changes that can improve your health.
- An initial health evaluation and follow-up calls, if needed. Our nurses consult with pharmacists, dietitians, doctors and other medical professionals to bring you the very latest information.
- Care guides, prevention reminders and other helpful tools.

GIVE US A CALL

Information and encouragement are as close as your phone. Sign up for ConditionCare at no additional cost or obligation by calling Member Services. You'll find the toll-free phone number listed on the back of your ID card.

Anthem 
Health. Join In.



This program is an additional benefit available to participants who are enrolled in the medical plans. The official plan documents, including the Summary Plan Descriptions, contain details about your eligibility and benefits, including but not limited to, procedures and exclusions under the medical plans. If there is a discrepancy between this information and your applicable Summary Plan Description (SPD), the SPD will govern. In addition, this information is not a guarantee of benefits, and Verizon retains the right to modify or terminate benefits at any time for any reason. In addition, this information is provided for educational purposes only, and should not be interpreted as medical advice. Please consult with your doctor for medical advice about changes that may affect your health and before taking any medications or beginning any lifestyle program.

Services provided by Empire HealthChoice HMO, Inc. and/or Empire HealthChoice Assurance, Inc.
Anthem Blue Cross and Blue Shield is the trade name of: In Colorado and Nevada: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia (excluding the City of Fairfax, the Town of Vienna and the area east of State Route 123): Anthem Health Plans of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin ("BCBSWI"), which underwrites or administers the PPD and indemnity policies; CompCare Health Services Insurance Corporation ("CompCare"), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. © ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.