Health Advocate

The Health Advocate Program offers one-on-one personalized assistance, tools and educational resources to help you reach your health goals at no extra cost to you. Whether you need a hand with managing a health condition or just want to feel better, Health Advocates can give you and your covered dependents the resources and information you need to help improve your health while helping you follow your doctor’s advice.

Disease Management Programs

If you or someone you love suffers from a chronic health condition, let us help you get more out of life. Our Disease Management nurses work closely with people of all ages who are dealing with conditions like asthma, diabetes, chronic obstructive pulmonary disease (COPD), heart failure and coronary artery disease. Our Health Advocates will gather information from you and your doctor to help create a personalized health plan for you. With Disease Management you’ll get the information you need to feel your very best day after day.

Everyone has different health needs, Anthem Blue Cross and Blue Shield is here to help. From online resources to personal attention from Health Advocates, Anthem can help you be more engaged in your health and help you make more informed health care decisions.

Your Health Advocate can help you make the best health care choices based on input from a host of trusted health professionals, like doctors, pharmacists, dieticians, social workers and behavioral health specialists. These programs are available at **no additional cost to you.** Just call 866-418-7749 to get started.

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**NurseLine**

Anthem Nurse Coaches are available around the clock to answer your health questions. Whether it’s a question about Urgent Care, the flu, an earache, types of preventive care or any other topic, our Nurse Coaches are ready to help you 24 hours a day, 7 days a week.

If you need medical care, our nurses can help you decide where to go if your doctor isn’t available. Choosing the right place for care can save you time and money – most importantly, it can help safeguard your health and the health of your family.

**Our nurse are ready when you are, just call toll-free: 866-220-4849.**
Maternity Support

We know your goal is to have a safe delivery and a healthy baby. That’s why we offer Maternity Support, a voluntary program to help you take care of yourself and your baby before your baby is born. There is no additional cost for the program. When you register, you’ll get:

- Access to a registered nurse who’ll answer your questions and talk about pregnancy issues with you
- A helpful book: **Your Pregnancy Week by Week**
- Materials to help you know what to do if something unexpected happens
- A questionnaire to check your risk of delivering too early
- Useful tools to help you, your doctor and your Maternity Support nurse track your pregnancy and spot possible problems

NICU Case Management

Thousands of newborns each year start out in the hospital’s Neonatal Intensive Care Unit (NICU). If your baby needs special care, you’ll also need support. The NICU Case Management program assigns a registered nurse to work closely with you and the hospital staff who are treating your newborn. Your nurse can help you plan for your return home and plan for the level of care your baby will need at home. You’ll also get helpful resources, like information to help you track your baby’s feedings and growth.

If your baby is admitted to the NICU, a program nurse will contact you to offer this service at no extra cost to you.

Case Management

You may need Case Management if you have more than one health issue or a condition that could mean high levels of health care. This program can connect you, your family and your doctors with a Case Management Health Advocate and other qualified specialists to help you reach your personal health goals and avoid costly hospital readmissions.

The Case Management program gives you toll-free access to a Health Advocate who can give you personal attention and lifestyle coaching. Your Health Advocate can help you understand your options and can help you make better health decisions. They can also guide you on the importance of preventive care, assist with transitioning care and can help coordinate care between doctors and other health services. A Health Advocate will contact you if you are eligible for the program.

Cancer Support

Today, millions of people are living with cancer. The good news is that each year more and more people are surviving the disease.1 Even better news is that you don’t have to fight cancer alone. A Health Advocate specializing in treating cancer can provide confidential support to help you and your family members manage symptoms, understand treatment options and feel better during therapy.

Your Health Advocate can help you with resources and guidance that can make a real difference. Let your Health Advocate stand by you in the fight! There is no added cost for the program, it is already part of your benefits.

Behavioral Health

Our Behavioral Health resource program offers a total health solution for you and your loved ones who need help dealing with anxiety, depression, drug and alcohol dependency, eating disorders and other pressures of day-to-day living. Because our Behavioral Health Program is integrated with all of our other Health Management programs, you’ll have access to a full range of services that can lead to better results.

The Behavioral Health Resource Center is available 24 hours a day, 7 days a week. When you call you’ll reach a caring person who can help you find treatment programs, along with other appropriate health plan and community resources. Our knowledgeable staff can also direct you to child or elder-care resources, legal or financial consultants, and one-on-one counselors, if needed.

Powerful information from our Behavioral Health team can help you address personal issues.

Have questions? Call one number for all of your needs: 866-418-7749.