Anthem

Facing a complicated health issue? Don't go it alone.

The Care Management program is here to support you

Dealing with a mental or physical health issue can be stressful — but you don't have to go through it alone. That's why your Anthem plan provides the Care Management program, designed to help see you through it.

How we can help

The Care Management program is here to make dealing with a complicated health condition simpler. When you enroll, you'll be paired with a nurse care manager, who will offer you one-on-one support as you work through your issue. This service is included with your Anthem plan at **no extra cost.**

Your nurse care manager is backed by a team of health experts, including doctors, nurses, and pharmacists, who will work together to make sure you're getting the right care at the right time. Think of it as an extra layer of support, on top of the care you're getting from your regular doctor .

People typically use the Care Management program to get help working through health issues, including:

- Serious illnesses, such as cancer or kidney failure
- Chronic conditions, such as diabetes, asthma, or heart failure
- Trauma or injuries after an accident
- Mental and behavioral health conditions, such as anxiety, depression, substance use, or eating disorders



We're here for you

A nurse care manager may reach out to you if they think the Care Management program would be right for you.

If you'd like to sign up right away or have questions, call **888-613-1130** or Member Services at the number on your ID card.

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What to expect

The program will be tailored to your exact situation and what you hope to achieve. Depending on your needs, a nurse care manager can help you:

- Understand your health condition and treatment options.
- Set health goals and make a plan to reach them.
- Find doctors and other care providers in your plan's network to help save you money.
- Talk with all your care providers, including doctors, counselors, specialists, and make sure they're talking to each other.
- Review your medications, if you take any, to make sure they're working for you.
- Make the most of your health plan benefits.
- Connect with helpful local and online resources.

		
1. Meet your nurse care manager	**2. Stay in touch**	**3. Get better**
First, you'll talk to your nurse care manager on the phone about your health situation and what you hope to achieve. Together, you'll create a plan to help you reach your health goals and feel better.	Your nurse care manager will call you regularly to see how you're doing and guide you through any issues that come up. You'll also have their direct phone number, so you can reach out anytime.	If you decide you don't need the program anymore, just let your nurse care manager know. You can stop participating at any time.

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