

your total
health solution

Anthem  

360°Health SM





Living healthy today requires a bold new approach to helping everyone make the healthiest lifestyle choices possible.

360° Health enables healthy lifestyle changes by connecting your employees with specialized programs, tools and resources to help them take more control of their health and wellness.



360° Health — your total health solution.

360° Health[®] from Anthem Blue Cross and Blue Shield surrounds your employees with the information they need to live healthier and feel better.

Whether your employees need support to stay healthy or manage an ongoing condition or require specialized care for complex health needs, 360° Health provides them with the right resources, guidance and support to help improve their health.

Better health outcomes for your employees can mean increased productivity and better control over health care costs for you.

Our 360° Health total health solution includes:

- Medical and behavioral health programs and services to meet a variety of health needs
- Seamless integration with prescription drug services to improve health and control costs
- Sophisticated predictive modeling that identifies each member's unique health needs and helps drive individualized care
- A holistic look at each member — not just their condition — to help reduce health care costs and improve productivity

Contact your sales representative or broker about which programs are included in your plan and which are available for additional cost.



24/7 NurseLine

If your employees need help deciding if a problem requires medical attention, no matter where they are or what time it is, they can get answers. Our toll-free, **24/7 NurseLine gives them direct access to registered nurses around the clock.** These specially trained nurses provide information to help your employees make informed decisions about the care they need. And the right decisions can help reduce absenteeism and overall health care costs.

MyHealth@Anthem

Your employees have trusted health-related information at their fingertips whenever they want it, with **MyHealth@Anthem.** Our secure, interactive website can help educate them about diseases, medicines, medical related procedures, treatments and more. It's designed to help employees become more knowledgeable about how to stay healthy and make more informed choices when they need care.

ConditionCare

Our **ConditionCare** program identifies, engages and **manages members living with chronic conditions** like asthma, diabetes, heart failure, chronic obstructive pulmonary disease (COPD) and coronary artery disease. Employees who agree to participate in this program have a dedicated nurse and support team of experts who work together to help them better understand how to improve their health.

In addition, ConditionCare Support Programs are available for other conditions that may be impacting your employees: vascular at-risk, low back pain, musculoskeletal, kidney disease and cancer.

ComplexCare

ComplexCare identifies members with complex health issues and **addresses them before they become more serious or costly.** Employees who agree to participate in this program have their own dedicated nurse care manager who helps coordinate care, helps them learn how to manage their own conditions and serves as a vital information resource.

Future Moms

Future Moms offers prenatal education and support to help mothers-to-be understand how their choices affect their health during pregnancy and their baby's health. Ob-gyn nurses, joined by a team of obstetric specialists, coordinate individualized care for your pregnant employees, provide them with prenatal and birth kits and are available for follow-up questions after delivery.





360° Health — a new direction in care.

Imagine your employees living with fewer health complications...fewer trips to the doctor or hospital...lower overall health care costs...a healthier and more productive workforce.

360° Health® can help make it happen by surrounding each employee and covered family member with the right level of support to live and feel better.

Better health. Lower health care costs. To find out more about these and other 360° Health programs, contact your Anthem sales representative or broker.



Administered by Health Management Corporation.

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