

# Need a little ...

or a lot of support for  
your health condition?



## Either way, ConditionCare is here for you.

Managing an ongoing health condition isn't easy. And having a little extra help can make all the difference.

That's why we offer ConditionCare, a **no-cost health and wellness program** that provides tools, resources and support to CVT PPO (non-Medicare) members and their covered dependents with:

- Asthma (pediatric or adult)
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Diabetes, types 1 and 2 (pediatric or adult)
- Heart failure (HF)



## Signing up for ConditionCare is simple!

We'll call you or you can call Anthem Blue Cross/CVT Member Services at **1-800-234-4333**. When you're on the phone, let the representative know you are interested in signing up for ConditionCare.

### Once enrolled, you get:



24/7 access to a nurse care manager to answer health questions.



Educational resources, like email newsletters.

To really take advantage of the program, we encourage you to register on [anthem.com](http://anthem.com) and opt in for email communication.



### What you need to know



ConditionCare doesn't replace your doctor. Instead, our nurse care managers work with your doctor to help you follow your care plan and meet your health goals.



You and your covered family members can stay in ConditionCare as long as you keep your health plan and the program is offered.



The health information you share with ConditionCare nurse care managers, your doctor and other health professionals is kept confidential and used only to develop your care plan. When we call, we'll always ask you to confirm your name and date of birth before talking about your health.

**Want to know more?  
Ready to take the next step?**

Call **1-800-234-4333** and reference ConditionCare when speaking to a representative.

**Anthem** 

 **CALIFORNIA'S  
VALUED TRUST**