



## ConditionCare

# Wake up, feel better, repeat daily

If you have a chronic medical condition, let us help you get more out of life.

**ConditionCare** Nurse Coaches help people of all ages manage the symptoms of asthma and diabetes. And they work closely with adults who are dealing with chronic obstructive pulmonary disease (COPD), heart failure (HF), and coronary artery disease (CAD).

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

When you join ConditionCare, you'll receive:

- 24-hour toll-free access to Nurse Coaches 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 Nurse Coaches consult with pharmacists, dietitians, doctors and other medical professionals to bring you the very latest information.
- Care guides, prevention reminders and other helpful tools.
- Depression screenings and referrals to behavioral health professionals, as needed, to help improve your quality of life.

To learn more, log in to [anthem.com/ca](http://anthem.com/ca) today. Not registered? Sign up now for access to personalized service and resources. It's fast, easy – and secure.

## 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 our toll-free number: 800-522-5560.





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