

# Your Anthem Nurse

## A dedicated nurse for you and your family

Health care can be confusing. But, guess what? You don't have to figure it out alone. Did you know you have an Anthem nurse available right now to answer your health questions and help you get the most out of your plan? This nurse is a dedicated resource who can advise you and your family about your health needs — confidentially and at no cost to you!

### Your dedicated Anthem nurse can help you:

- Access medical and wellness services.
- Evaluate your health status.
- Understand your diagnosis and treatment options.
- Assist in coordinating health care needs.
- Set and reach personal health goals.
- Use your health plan.
- Get answers to your health-related questions.
- Find the right care for a health problem.
- Coordinate your services before, during and after a hospital stay.
- Coordinate maternity care, including any neonatal intensive care unit (NICU) needs your baby might have.

Guidance like this can make a real difference in your quality of life, whether you're preparing for surgery, managing a health condition or simply looking for good tips on nutrition and getting in shape.

Even if you're healthy, it's never too early to get to know your Anthem nurse. He or she will serve as your main point of contact when you or your family needs to navigate the health care system.

Think of your Anthem nurse as a one-stop shop for encouragement, support and information.

### Make the connection

Call 844-256-9088.

Remember, your Anthem nurse is there for you and your family!



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