



Your Anthem Nurse

A Health Resource Dedicated to Your Needs

Your health is invaluable

Your health is invaluable. Health problems have a tremendous impact on your quality of life – at work and outside of work.

Getting time with your doctor can be a challenge. Perhaps it's hard to get the support you need between visits. Or you can't understand a new diagnosis or prescription. Or maybe you have unmet medical needs because you don't have a personal physician--we'll help you find one. Your Anthem nurse can take care of all these needs and more.

The bottom line is we know many people with health issues need support. Your Anthem nurse is here to provide that support.





About Your Anthem Nurse

- Your Anthem nurse is a specially trained, seasoned nurse professional.
- Your nurse's expert support is available to help both you and your covered family members with any health issues or needs.
- While your primary care physician and other medical professionals remain responsible for your medical care, your Anthem nurse can help bridge the gap between your doctor and receiving your best medical care.





About Your Anthem Nurse



- Each time you need support, you will be able to connect with the same nurse, so he/she will know you and your family and help you develop a plan to address your concerns and meet your health goals.
- If your nurse is not available, others will be on hand to help.
- Your nurse can help answer your questions about your health benefits, help you access the best doctors for your needs, let you know about other programs that may benefit you, and provide any assistance you need with health concerns.



How will you help me?

- First, be assured that we know your time is valuable.
- For example - if you have a condition such as diabetes or high blood pressure, and you're confident in getting your prescriptions filled appropriately, seeing your doctor, having the right tests, and staying healthy. We may not be making that outreach call to you
- You can always reach out to us for assistance





How will you help me?



- If you need to be hospitalized, we want to reach out to you. To make sure you have the support you may need, before, during and after your recovery.
- Do you know that for many conditions, there are other treatment options that can be equally effective, ranging from rest to surgery? In many situations, we can help you review courses of treatment your doctor is considering and help you decide what's best for you.



Your Anthem Nurse can also help with:

- Answering questions about a diagnosis.
- Explaining your plan benefits.
- Educating you about treatment options for specific conditions.
- Providing support following an ER visit.
- Counseling before a hospitalization or surgery, planning for any follow-up needs, and ensuring you have the support for a successful recovery.
- Serving as a bridge between hospital and home after an inpatient hospital stay. The Anthem nurse can help confirm medications, assist with acquisition of necessary medical equipment, and ensure follow-up services are scheduled.





Your Anthem Nurse can also help with:

- Helping with the coordination of specialists, hospitals, and pharmacies as well as any in-home care.
- Helping you understand and access health and wellness information.
- Providing specialized support for those with complex health needs.
- Coaching, motivating, and empowering you to improve your health status.
- Ensuring that you get the right level of care and support when you need it.
- Providing counseling and support for behavioral health needs.





Additional resources and information



- In addition to Your Nurse, you have a dedicated team that includes social workers, dietitians and a pharmacist who will provide support and education to you or your covered family members.
- Your privacy is always protected, in compliance with all federal privacy laws.
- Any time you want to talk to a nurse about your health, we encourage you to call (877) 529-1693

Bottom line, your Anthem nurse is here for you, to help you in any way you need.

Call anytime.

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