

360° Health® Programs	What Your Employees Get	Lumenos®	HMO, POS PPO, Indemnity
MyHealth@Anthem	Personalized, online health information that drives members to become more involved in their health. Includes dynamic online tools such as MyHealth Assessment and MyHealth Record. Additional 360° Health online tools include Special Offers@Anthem and Healthcare Advisor .	✓	✓
ComplexCare	Intense outreach and coordination from RNs specialized in managing the complex needs of members with multiple health conditions. Access to multidisciplinary team and input from Medical Director.	✓	✓
Future Moms	Support from trained obstetrical nurses in an award-winning maternity management program dedicated to helping expectant parents have a healthy pregnancy and delivery.	✓	✓
NICU Neonatal Intensive Care Unit	Support for high-risk newborns with experienced nurses who help coordinate NICU care with parents and medical professionals.	✓	✓
Comprehensive Medical Management	In the face of a health crisis, one-on-one expert assistance ensuring the right services and care are received; an advocate to see that benefits are utilized effectively and necessary medical interventions are appropriate and safe.	✓	✓
Anthem Care Comparison	Online tool provides members with typical costs associated with a specific medical procedure – from initial lab tests to recovery room charges. Cost information is facility specific, enabling members to compare costs at different medical centers.	✓	✓
24/7 NurseLine	Anytime, toll-free access to highly-experienced, registered nurses for answers to general health questions and guidance with critical health concerns.	✓	✓
Staying Healthy Reminders	Targeted postcards reminding members and their families when it's time for certain preventive care and screenings such as immunizations and mammograms. (Lumenos: similar reminders included)	✓*	✓
ConditionCare	Registered nurses who are committed to helping members with chronic conditions better manage and improve their health. Conditions include: asthma; diabetes; chronic obstructive pulmonary disease (COPD); coronary artery disease; heart failure.	✓	✓
ConditionCare Support Programs	ConditionCare Support Programs available at an additional charge for other conditions: low back pain, musculoskeletal, cancer and vascular at-risk. (Lumenos: included in MyHealth Coach)	✓	Available
ConditionCare for Kidney Disease	ConditionCare for Kidney Disease provides ongoing support to members with Chronic Kidney Disease or ESRD to help manage this condition.	N/A	Available (included in KY)
MyHealth Coach	A personal registered nurse who is available to the entire family as a health and lifestyle coach. An experienced guide who can help members navigate their health benefits.	✓*	Available (for 500+ members)
Healthy Lifestyles	A team of specially trained health professionals that helps members take decided steps toward improved health in key areas that are prevalent and persistent: weight management; stress management; physical activity; diet and nutrition; smoking cessation.	✓*	Available (for 500+ members)
MyHealth Advantage	Includes timely alerts in the mail called MyHealth Notes that notify members of possible gaps in care, issues with medications or ways to save money. Early detection of potential health issues may lead to decreased healthcare costs for members and employers.	Available*	Available (for 1,000+ members)
Worksite Wellness	A jump start to improved health on the job. Onsite programs that promote better health and cover everything from flu shots and health screenings to wellness seminars to therapeutic massage.	Available	Available

Members = covered lives

*Program offering may vary with some Anthem plans. Contact your broker or Anthem sales representative.

Administered by Health Management Corporation.

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