

Supporting positive changes

If you suffer from a condition that puts you at risk for future health complications, let us give you the support you need. By participating in our free program you may improve your physical and mental well-being.

Our health support programs address:

- Low Back Pain
- Arthritis, Hip Replacement, Knee Replacement and Osteoporosis
- Breast, Colon, Prostate and Skin Cancer
- High Cholesterol, High Blood Pressure, Metabolic Syndrome and/or Obesity

When you enroll in **ConditionCare**, you will receive valuable tools and information to help you manage your condition. Depending on your needs, the different programs we offer can provide you with:

- 24 hour toll-free access to registered nurses to answer your questions, provide support and education on how to better manage your condition.
- Personalized education and counseling, as well as an exercise plan designed for your specific goals.
- A health evaluation and consultation as needed to assist in managing your condition.

To enroll in **ConditionCare**, call us toll-free at **888-249-3820**. To learn more about any of our health support conditions visit MyHealth@Anthem on anthem.com.

Go there now: anthem.com > **Members** > **Ohio** > **MyHealth@Anthem** > **Learn More** > **Condition Centers**



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