



Condition Center topics

- Allergy
- Anxiety
- Arthritis
- Asthma
- Back and neck
- Breast health
- Cancer prevention
- Child health
- Cholesterol
- Chronic fatigue
- Chronic pain
- Cold and flu
- Depression
- Diabetes
- Erectile dysfunction
- Fibromyalgia
- Hair loss
- Headaches
- Heartburn
- Heart health
- Hepatitis
- Irritable bowel syndrome
- Kidney health
- Memory health
- Men's health
- Men's infertility
- Menopause
- Osteoporosis
- PMS
- Prostate health
- Senior health
- Sinusitis
- Skin health
- Sleep health
- STDs
- Stress
- Vision health
- Weight
- Women's health
- Women's infertility
- Yeast infection

Condition Center topics are subject to change.



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MyHealth@Anthem®
**Taking control of
your health**





MyHealth@Anthem

Our world is full of health scares, rumors and conflicting medical reports. So where can you find reliable health information? The answer is easy: **MyHealth@Anthem on anthem.com.**

MyHealth@Anthem contains information from respected sources, such as WebMD® and the Healthwise® Knowledgebase. It's the place to go for news you can trust. The information you'll find here can help you manage your health and the health of those you love.

Consult a Condition Center

You'll find information on over 40 common health conditions in the Condition Centers section of MyHealth@Anthem. Here you'll get access to:

- The latest news on medical conditions and treatment options.
- Tips to help you understand, manage and maybe even prevent medical problems.

- Ideas that may help you avoid complications.
- Information that will help you talk with your doctor about your condition.

Tune into a Health Channel

Health Channels are areas of the Web site devoted to different interests and stages of life. Are you pregnant? If so, be sure to tune into the Pregnancy Channel for news items, articles and tools you can use to prepare for your baby's birth. Over 50? There's a Health Channel to help you make the most of life. Health Channels cover topics like:

- Men's, women's and children's health
- Drug information and drug interaction
- Fitness and nutrition

There's even a Health Channel just for Spanish speakers.

Get involved with interactive tools

You can personalize your experience with MyHealth@Anthem.

Take a self-assessment to determine your risk for conditions such as depression and diabetes. Then learn how to lower your risk factors.

Check to see if a new drug could interfere with your current medications.

Or try out tools that can calculate your target heart rate, your baby's due date or how long you need to walk to burn off that banana split.

Learning is more fun with our interactive quizzes. Test your knowledge on subjects ranging from nutrition to hearing aids to cancer.

Need to be more organized? MyHealth@Anthem is a safe and confidential place to store health information for you and your family. Create a complete, portable health profile that you can share with your doctor. Monitor the milestones that occur throughout pregnancy and early childhood.

Don't forget to sign up for newsletters and e-mails on topics that interest you. That way, you won't miss another drug alert, food recall, news item or health tip.

Healthier living is just a click away

Let MyHealth@Anthem arm you with the information you need to make more informed medical decisions and reach your health goals. Be sure to register the first time you visit the site. Then you'll have secure access to your personal health information.

Log on today. Go to: **anthem.com > MyHealth@Anthem > Login**

