

## Anthem Blue Cross 360<sup>o</sup> Health

If you are an Anthem PPO or HMO member, you already know that your plan provides valuable coverage for your health care needs.

But did you know that your plan also includes wellness programs and services designed to help you:

- Live a healthier life,
- Make more informed health care decisions, and
- Get the most value from your health care dollars?

These programs and services are part of Anthem 360<sup>o</sup> Health, and are automatically included in your medical plan. If you are not already taking advantage of Anthem 360<sup>o</sup>, you are missing out on a valuable part of your coverage!

### Anthem 360<sup>o</sup> Health includes:

- An **online health assessment tool** to help you identify your health risks and find areas for improvement. You receive a personalized report comparing your health status with the national averages for your peers.
- **Care management services** for members with chronic conditions such as asthma, diabetes, coronary artery disease, chronic obstructive pulmonary disease (COPD) and heart failure — designed to help members better understand their health and work with their doctor to be as healthy as possible.
- **Reminder postcards** to tell you when it's time to get certain preventive care and screenings, such as immunizations and mammograms.
- **Timely alerts** in the mail called MyHealth Notes that notify you of possible gaps in care, issues with medications, or ways to possibly save money.
- **Discounts** on alternative medicine, wellness products, fitness club membership and weight-loss programs.
- A **24/7 nurse line** staffed by registered nurses who can answer your general health questions and provide guidance on critical health concerns.
- A **personal registered nurse “Health Coach”** who is available to your entire family as a health and lifestyle coach.
- **Lifestyle programs** to help you with weight management, stress management, physical activity, diet and nutrition, and smoking cessation.
- **Special care** programs for moms-to-be and newborns in the NICU.

### What You Can Expect

You may receive a call or a mailing from Anthem inviting you to take advantage of 360<sup>o</sup> Health — particularly if you have a serious health condition.

You can rest assured that 360<sup>o</sup> Health is:

- **Confidential** — Caltech does not receive your personal health information.
- **Optional** — You can opt out at any time.
- **Free** — 360<sup>o</sup> Health is available at no additional cost to you.

### For More Information

Please visit the Anthem Blue Cross website at [anthem.com/ca/caltech](http://anthem.com/ca/caltech) or call Anthem's Member Services at **1-866-820-0765**.