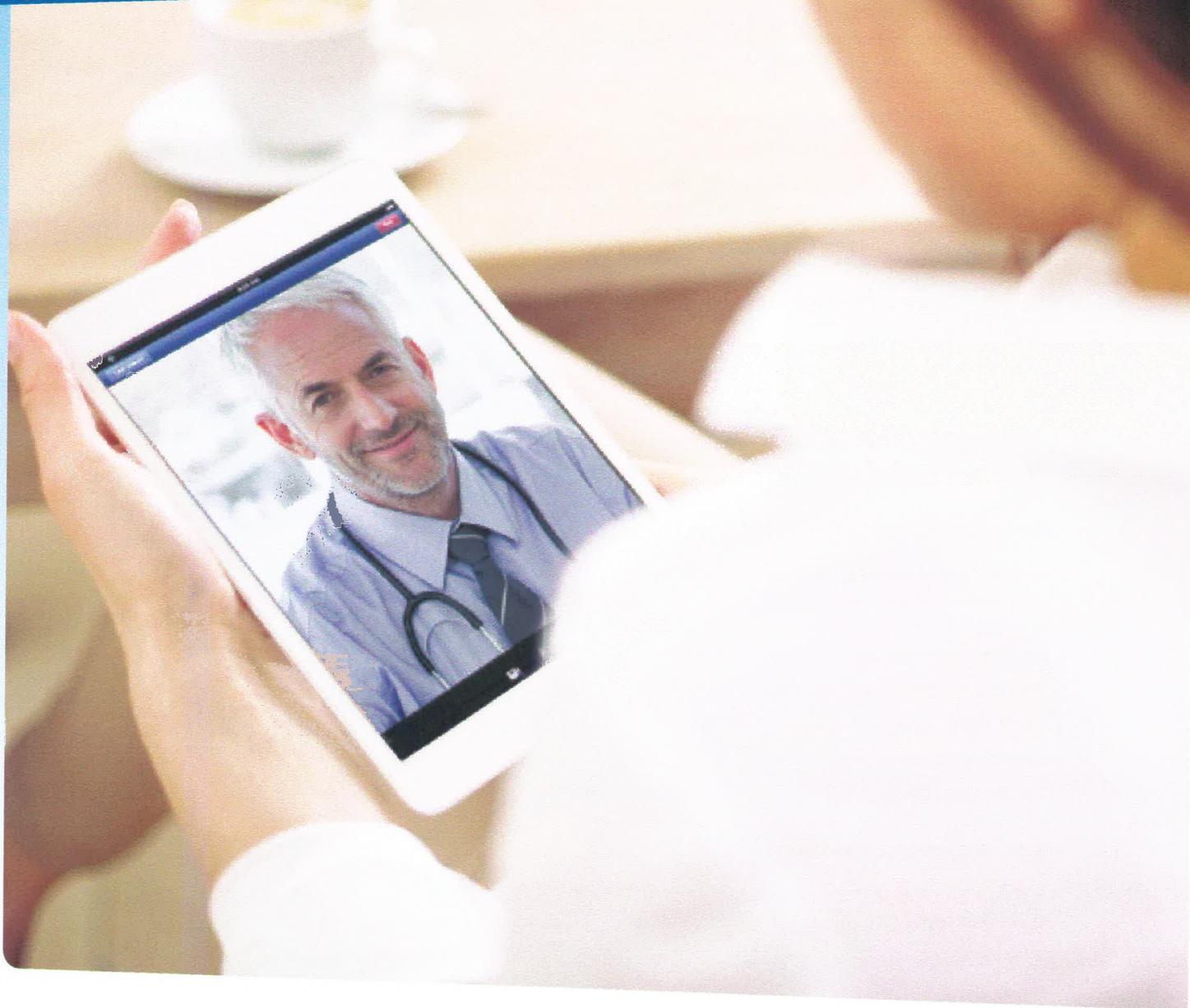


LiveHealth Online[®]

Easy, fast doctor visits. All from the comfort of your own computer or mobile device.

Talk to a doctor today, tonight, anytime — 365 days a year. Just enroll at livehealthonline.com or on the free mobile app.



Now you can get the health care you need without all the hassle

Have a health question? Under the weather? With LiveHealth Online, you don't have to schedule an appointment, drive to the doctor's office, and then wait for your appointment. In fact, you don't even have to leave your home or office. Doctors can answer questions, make a diagnosis, and even prescribe basic medications when needed.*

With LiveHealth Online, you get:

- Immediate doctor visits through live video.
- Your choice of U.S. board-certified doctors.
- Help at a cost of only \$49 per visit, subject to deductible and coinsurance.
- Private, secure and convenient online visits.

What are the qualifications of the doctors you consult via LiveHealth Online?

- U.S. board-certified.
- Average 15 years practicing medicine.
- Mostly primary care physicians.
- Specially trained for online visits.

When can you use LiveHealth Online?

As always, you should call 911 with any emergency. Otherwise, you can use LiveHealth Online whenever you have a health concern and don't want to wait. Doctors are available 24 hours a day, seven days a week, 365 days a year. Some of the most common uses include:

- Cold and flu symptoms such as a cough, fever and headaches
- Allergies
- Sinus infections
- Family health questions

Start a conversation now.

Just enroll for free at livehealthonline.com or on the app, and you're ready to see a doctor.

Download the app now!

apple.com



play.google.com/store



*As legally permitted in certain states.

LiveHealth Online is the trade name of Health Management Corporation, a separate company providing telehealth services on behalf of Anthem Blue Cross.

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Compare quality and costs

at hospitals and
other facilities on
anthem.com/ca



Did you know that different facilities may charge different amounts for the same service? Estimate your share of the costs before you get your care.

Higher prices don't always mean better care. Compare facilities based on their quality measures for certain procedures – length of stay, patient experience, complications and more.

- Just log on to anthem.com/ca and click on Estimate Your Costs.
- Simply search or browse for the procedure you are looking for and the tool will help guide you.
- You can easily compare facilities in your area.

Estimate Your Costs is just one of the many tools we have to help you manage your health care, simply and conveniently.



**Live life to the fullest –
without paying full price**



Save money with discounts at [anthem.com/ca](https://www.anthem.com/ca)

Saving money is good. Saving money on things that are good for you – that's even better. With SpecialOffers@AnthemSM, you can get discounts on products and services that help promote better health and well-being.* It's just one of the perks of being a member. Check out how much you can save:

Vision and hearing

1-800 CONTACTS[®] – Get contact lenses quick and easy – plus discounts only available to Anthem members, like \$20 off when you spend \$100 or more and free shipping.

Glasses.com[™] – Get the latest, brand-name frames for just a fraction of the cost at typical retailers – every day. Plus, you get an additional \$20 off orders of \$100 or more, free shipping and free returns.

Premier LASIK – Save 15% on LASIK with all in-network providers. Prices are as low as \$695 per eye with select providers.

Amplifon – Get a low-price guarantee with the seven top companies that work with Amplifon. Save \$50 on one hearing aid or \$125 on two. Plus, get a three-year repair/loss/damage warranty and a free two-year supply of batteries.

Beltone[™] – Get hearing screenings and in-home service at no additional cost, and up to 50% off all Beltone hearing aids.

Fitness and health

Jenny Craig[®] – Join Jenny Craig and get a 30-day trial at no additional cost and 50% off enrollment.

Lindora[®] – Save 20% on weight-loss programs.

SelfHelpWorks – Choose one of the online Living programs and get a 40% discount to help you lose weight, stop smoking, manage stress or face an alcohol problem.

GlobalFit[™] – Save on gym memberships, home fitness equipment and GlobalFit's Virtual Gym.

ChooseHealthy[™] – Get preferred pricing on fitness club memberships and a one-week free trial. Enjoy discounts on acupuncture, chiropractors and massage – plus 40% off certain wellness products.

Performance Bicycle – Get \$20 off a purchase of \$80 or more in store or online.



SpecialOffers@AnthemSM on [anthem.com/ca](https://www.anthem.com/ca)

Family and home

Safe Beginnings[®] – Babyproof your home while saving 15% on everything from safety gates to outlet covers.

VPI Pet Insurance – Get 5% off pet insurance. Get peace of mind knowing that you have help paying the medical costs for your pet's accidents, illnesses and routine medical care.

ASPCA Pet Health Insurance – Get 5% off pet insurance. You can choose from three levels of care, including flexible deductibles and custom reimbursements.

LinkWell – Get coupons for healthier products.

WINFertility[®] – Save up to 40% on infertility treatment. WINFertility helps make quality treatment affordable.

LifeMart[®] – Get great deals on beauty and skin care, diet plans, fitness club memberships and plans, personal care, spa services and yoga classes, sports gear and vision care.

Medicine and treatment

Puritan's Pride – Save 10% and get free shipping on a large selection of vitamins, minerals, herbs, supplements and much more.

Murad[®] – Save \$25 and get a free gift with any purchase of \$100 or more on skin care products.

Allergy Control products – Save 25% on Allergy Control encasings for your bed. Plus, save 20% on a variety of doctor-recommended products for a healthier home and enjoy free shipping on orders of \$150 or more.

National Allergy[®] supply – Save 15% on mattress encasings, air filtration products, compressors and other products that can help relieve your allergy, asthma and sinus symptoms.

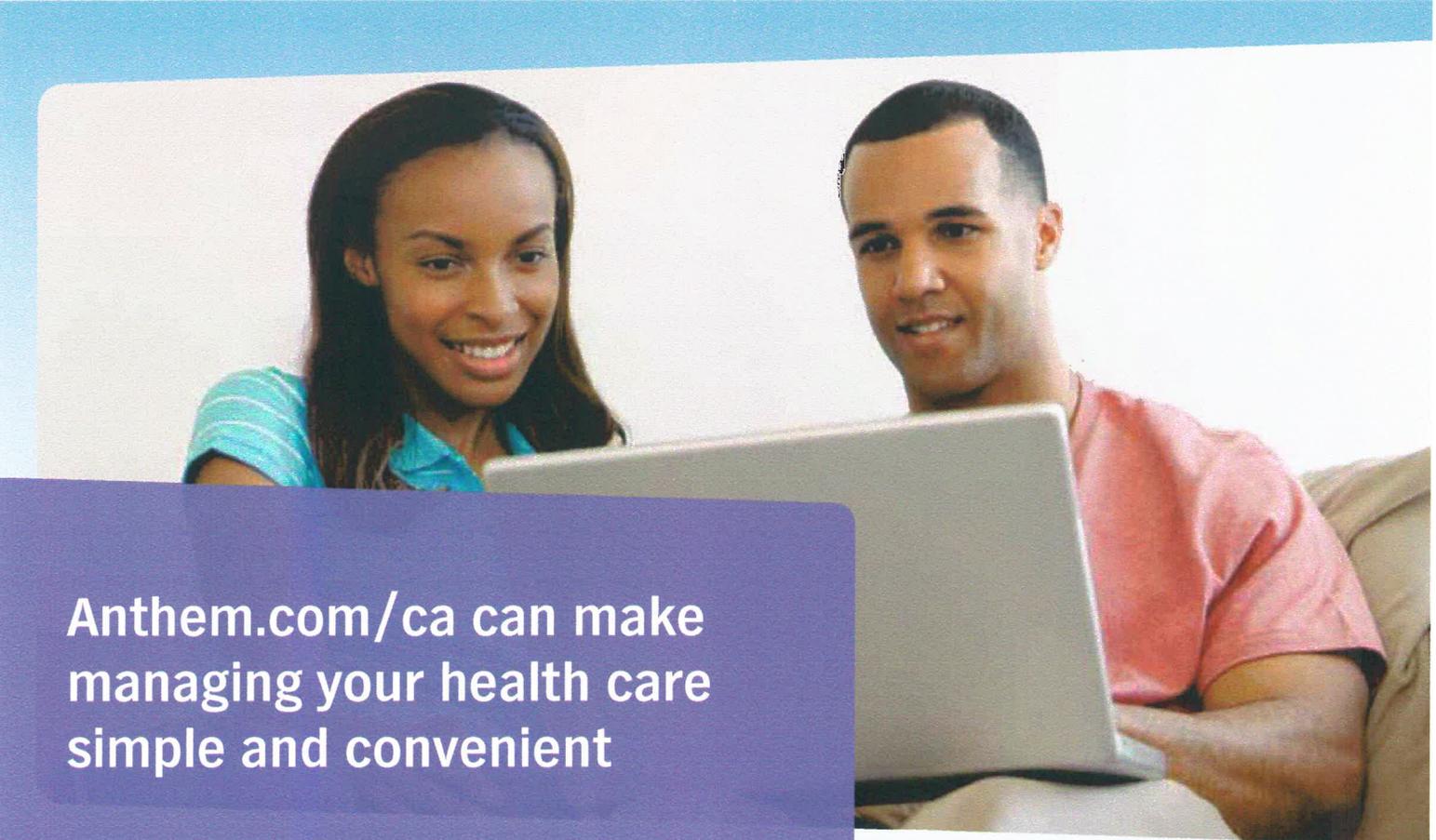
To find the discounts that are available to you, log in to [anthem.com/ca](https://www.anthem.com/ca) and select **Discounts**.



* All discounts are subject to change without notice.

Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o en el folleto de inscripción.

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**Anthem.com/ca can make
managing your health care
simple and convenient**

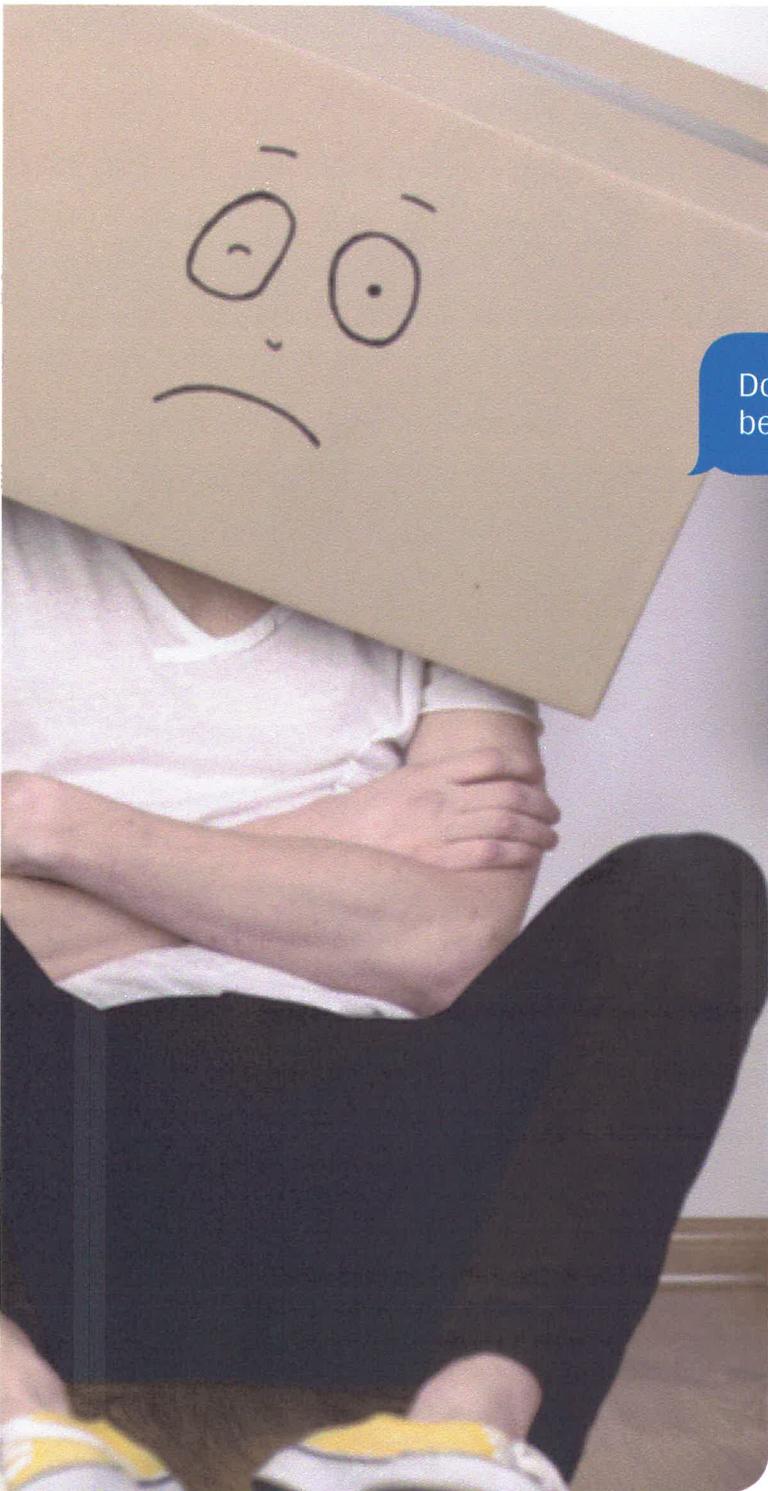
Anthem.com/ca is your personal website. You have interactive tools that are built around you, your health and your benefits. And it's secure — only you can see your personal information.

- Easily find out what your plan covers — and other plan details
- Find a good doctor — even compare quality, cost and member ratings right there on the site
- Quickly check on the status of your claims
- Refill a prescription

And once you're logged in, click on Health & Wellness — you might be surprised by all the useful tools you have. For example, say you've been meaning to quit smoking or get into great shape — anthem.com/ca can help you do that. You can also get discounts on more than 50 different health-related products and services that are only available to our members — including **\$20 off at 1-800 CONTACTS and Glasses.com.**

For this and much more, log in to anthem.com/ca — your simple and convenient solution to managing your health.





Just moved in. Threw out back. Need a doc!

Download the Anthem mobile app – because life happens.

Ouch! Life doesn't always go as planned. Fortunately, you can use our mobile app to help you find a nearby doctor when your back is out of whack. And that's not all. Check out all you can do with the Anthem Blue Cross mobile app.



Find a doctor

Search for a doctor, specialist, urgent care or hospital close by. The app even gives turn-by-turn directions to get you there.



View your ID cards

Keep a version of your ID card handy. You can show it, fax it or email it right from your mobile device.



Manage prescription benefits

Check the cost of drugs, get refills or switch to our home delivery program.



Access your mobile Health Record

View your Health Record and share with your doctors whenever you go.



Download the app today

Just search for **Anthem Blue Cross**. Can't get the app? No worries. Use many of the same features on our mobile web browser at anthem.com/ca.



Only available on Apple and Android devices

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Nine months. Many questions.

Future Moms can help —
any time, any day

Having a healthy baby is every mom's goal. And it starts with a healthy pregnancy. You want to make the right choices and take care of yourself so you can reach that goal. But it's not always easy to do it alone.

That's why there's Future Moms. It's a program that can answer your questions, help you make good choices and follow your health care provider's plan of care. And it can help you have a safe delivery and a healthy child.

Sign up as soon as you know you're pregnant. Just call us toll free at **866-664-5404**. One of our registered nurses will help you get started. You'll get:

- A toll-free number you can use to talk to a nurse coach any time, any day, about your pregnancy. A nurse may also call you from time to time to see how you're doing.
- A book that shows changes you can expect for you and your baby during the next nine months.
- A screening to check your health risk for depression or early delivery.
- Other useful tools to help you, your doctor and your Future Moms nurse keep track of your pregnancy and help you make healthier choices.
- Free phone calls with pharmacists, nutritionists and other specialists, if needed.
- A booklet with tips to help keep you and your new baby safe and well.
- Other helpful information on labor and delivery, including options and how to prepare.



It's easy to join

Sign up for Future Moms by calling us toll free at **866-664-5404**. There's no extra cost to you.



Breathe easy, relief is here

ConditionCare: Asthma

Our nurse care managers can help you control your asthma

If you have asthma, breathing is far from easy. You can't afford to take this simple action for granted. There's no cure for asthma, but our ConditionCare program can help you and your covered family members keep asthma under control.

Our ConditionCare nurse care managers are trained to work with kids and adults who have asthma. The nurses help you:

- Spot and avoid asthma triggers.
- Use inhalers and peak flow meters the right way.
- Stick to your medications to avoid asthma attacks and trips to the ER.

There's no added cost for you to join ConditionCare. You get:

- Educational guides, newsletters and tools to help you learn more about your condition.
- A health screening and follow-up calls. Our nurses can call a team of pharmacists, doctors and other health experts to get more information about asthma care and more.
- A toll-free number you can call 24/7 to speak with a nurse.

We may call to find out if ConditionCare can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.



Get help managing your asthma

To learn more or to join ConditionCare,
call us toll-free at 800-522-5560.



Don't fight diabetes alone

ConditionCare: Diabetes



Let our nurse care managers help you control your diabetes and live your best life

If you (or a covered family member) get diagnosed with diabetes or already have it, don't worry, you're not alone. ConditionCare can help. There's no added cost to join, so sign up today.

Taking control of your blood sugar is key in avoiding major problems that can come when diabetes is not managed. You can work with our nurse care managers to try to keep your diabetes in check. Not only will you enjoy your best health, but you'll also keep your health costs down. You could pay four times as much each year for your medical care if your diabetes leads to other major health issues.¹

If you think you might have diabetes, see a doctor and start to treat it right away. Ask your doctor to test your blood sugar if you have symptoms like these:

- Urinate often
- Extreme hunger or thirst
- Abnormal weight loss or blurry vision

When you join ConditionCare, you'll get:

- 24-hour, toll-free access to a nurse to talk about your health.
- Support from nurse care managers, pharmacists, dietitians, doctors and other health care workers to help you reach your health goals.
- Guides, newsletters and tools to help you learn more about diabetes and your health.

We may call to find out if ConditionCare can help you and ask you to sign up. To protect you, we'll check your address or date of birth before we talk about your health.

ConditionCare is for the whole family. If you have diabetic children, the program can help you manage their care.

Get help managing your diabetes

To learn more or to join ConditionCare, call us toll free at 800-522-5560.



¹ Coffey JT, Brandle M, Zhou H, et al. *Valuing health-related quality of life in diabetes*. Diabetes Care (2002): care.diabetesjournals.org.

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Manage bone, joint and muscle pain

ConditionCare: musculoskeletal

Our nurse care managers are here to help you

Did you know that almost one in two people in the U.S. has trouble moving due to body aches, pains and injuries?¹ For many people, joints and the tissues that connect them (musculoskeletal system) have grown stressed. That can happen in many ways – playing sports, exercise, car accidents, illness, even an unhealthy diet.

Healthy bones and joints are important for everyone. But most people don't think about them until something goes wrong.²

But there's good news. If you or a covered family member has this kind of pain, you can join the **ConditionCare** program. Just call us toll free at 800-522-5560. When you join, you'll get:

- Counseling and coaching on eating well.
- An exercise plan for your exact goals.
- Round-the-clock phone access to a nurse care manager for support and information.

ConditionCare is in addition to your health plan. It doesn't cost you or your covered family members anything extra to use.

We may call to find out if **ConditionCare** can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.



Get help managing your condition

To learn more or to join ConditionCare, call us toll free at 800-522-5560.



Sources:
1 Bone and Joint Initiative U.S.A. website: *Facts & Figures* (accessed March 2014); usbjd.org.
2 U.S National Library of Medicine website: *Bone Health Basics* (accessed March 2014); nlm.nih.gov.

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