



# Optimize Your Health



If you or a family member suffers from a chronic condition, we may be able to help improve your overall health. By participating in our free **ConditionCare** program you can get the tools and information you need to achieve more optimal health.

Our **ConditionCare** program can help you manage your symptoms related to pediatric and adult asthma, chronic obstructive pulmonary disease (COPD), pediatric and adult diabetes (Types I and II), heart failure (HF) and coronary artery disease (CAD).

When you participate in our **ConditionCare** program you'll receive:

- 24-hour toll-free access to registered nurses to answer your questions, provide support and education on how to better manage your condition.
- A health evaluation and consultation, as needed, to assist in managing your condition.
- Helpful educational materials on preventions, self-management and lifestyle factors that can help improve your health, including condition-specific care diaries, self-monitoring charts, self-care tips and more.

To enroll in the **ConditionCare** program, call us toll-free at 1-800-638-4754. Or to learn more about a particular chronic disease visit [MyHealth@Anthem](mailto:MyHealth@Anthem) on [Anthem.com](http://Anthem.com).

Go there now: [Anthem.com](http://Anthem.com) > [Members](#) > [Enter your state](#) > [MyHealth@Anthem](#) > [Condition Centers](#)

## Give us a call

Answers and support are a phone call away. Register for the ConditionCare program at no additional cost or obligation by calling 1-800-638-4754

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