

# Your Cost for Wellness and Preventive Care Benefits Is Zero!

If you're enrolled in The Local Choice Key Advantage or TLC HDHP, you have free and confidential programs that give you access to a nurse, someone to help you deal with a chronic illness, and a pre-natal expert. And you have coverage for potentially life-saving tests and screenings with no deductible, no copayment, and no coinsurance. That's what we call a real "take care" package. It includes:

## 24/7 Nurseline & AudioHealth Tape Library | 800-337-4770

Health questions and concerns don't follow a 9 to 5 weekday schedule. Sometimes you need answers right away, and that can be in the middle of the night or while away on vacation. That's why the 24/7 NurseLine is there for you and your family 24 hours a day, seven days a week. So the next time you have a health question, ask a nurse! Simply call **800-337-4770** and **Press 1** for the **24/7 NurseLine**. It's free, confidential, and there for you any time.

If you prefer, you can listen to informative recordings about hundreds of health-related topics. Just call **800-337-4770** and **Press 2** for the AudioHealth Library. Enter the 4-digit topic number. For a list of topics, go to [www.anthem.com/tlc](http://www.anthem.com/tlc) and select the Special Programs tab. Or ask a nurse from the 24/7 NurseLine when you call.

**Your calls are free, unlimited, and completely confidential.**



## ConditionCare | 800-445-7922

ConditionCare may be just the support you need if you or someone in your family is dealing with one or more of these conditions:

- Asthma
- Diabetes
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Heart failure (HF)
- Hypertension
- Hyperlipidemia (high blood cholesterol)
- Obesity
- Metabolic syndrome

ConditionCare lets you tap into a whole team of professionals – registered nurses, dietitians, exercise physiologists, pharmacists, health educators, and other health experts. They are all there to help you take steps toward better management of a chronic illness. Let the ConditionCare team work for you. Just call **800-445-7922** to get started.

**This program is free, voluntary, and confidential.**





## Wellness Benefits and Preventive Care Screenings

Your plan covers one routine check-up each plan year, with **no copayment, coinsurance or deductible**.

Your plan also covers one of each per plan year with **no deductible, no copayment, and no coinsurance**.

- Routine gynecological exam and Pap test
- Routine mammogram
- Prostate exam and PSA test
- Colorectal cancer screening

Early detection of these common cancers – breast, cervical, prostate and colon – dramatically increases your chances for a positive outcome. Please take your screenings seriously. We do. When you schedule your appointment, let your doctor know that these are part of your routine preventive care benefits, and that they are covered at 100% of the allowable charge.

## Future Moms | 800-828-5891

Expecting? After you tell your spouse, your family and your friends, tell us! The Future Moms program gives you access to a registered nurse who is just as committed to a healthy pregnancy as you are. Call Future Moms at **800-828-5891** as soon as you know you are pregnant. You'll receive a pre-natal kit, including a book full of information about what to expect over the next nine months. The goal of Future Moms is to help you have a healthy, full-term pregnancy. We figure that's your goal, too. Even after you give birth, your Future Moms nurse is there to provide post-natal support.

Enrolled in Key Advantage Expanded or Key Advantage 200? Your plan will waive \$200 of the hospital copayment for delivery if the covered Mom-to-be enrolls in Future Moms within the first trimester of pregnancy, and completes the program.

**This program is free, confidential, and one of the best things you can do for yourself and your baby.**



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