

If you or an eligible 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 and 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 **(800) 522-5560**.



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 **(800) 522-5560**.

**Good health is your most valuable asset –
make the most of it.**

Health concerns don't follow a 9-to-5 weekday schedule. Sometimes you need answers to your health questions right away—and that can be in the middle of the night or while you're 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.

You can call the **24/7 NurseLine** any time to speak with a registered nurse who is trained to help you make more informed decisions about your health situation.

For accurate, confidential health information, call **(800) 700-0197**. This number may also be printed on the back of your member ID Card. A nurse is just a phone call away.

Sensitive Topic?

No problem. Not everyone is comfortable discussing their health concerns with someone else. If you prefer, you can call and listen to confidential recorded messages about hundreds of health topics in English and Spanish by accessing the AudioHealth Library. Call the number below (this number may also be printed on the back of your member ID Card).



Peace of Mind 24/7 (800) 700-0197

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Please note: 24/7 NurseLine is not a substitute for immediate medical attention. If you think it's a medical emergency, call 911 or go to the nearest emergency room.

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