

Your connection to healthy living starts at **anthem.com/ca**

At Anthem Blue Cross, we want you and your family to have the resources and tools you need to stay healthy and make the most of your benefits.

We are continually providing reliable and relevant health care resources to encourage you to play an active role in your own health outcomes. Our website, **anthem.com/ca**, is a convenient resource that offers access to a wide range of interactive online health tools.

MyAnthem™ – Provides a wealth of information about your benefits through a secure site that is password-protected to ensure privacy

- Check the status of a claim
- Order a new ID card
- View your benefits
- Learn which services need prior approval
- View deductibles and maximums

Find a Doctor – Locate Anthem network providers through our online provider finder

- Find a doctor, specialist, hospital or urgent care facility
- Search based on name, specialty or location

MyHealth@Anthem® – Offers a suite of interactive online health-related tools and resources

- Health assessment
- Health news as well as a searchable library of more than 25,000 articles, reports and news stories on a wide range of health and wellness topics
- Condition Centers
- Personal Health Record
- Secure Message Center and Personal Health News
- Fitness: LEAP®, the Lifetime Exercise Adherence Program
- Women's and men's health centers
- Pregnancy and child health planners
- Medical reference encyclopedia of health topics from A to Z



To access health-related tools and resources online, simply go to **anthem.com/ca** > Select > Log In.

If you have not registered yet, sign up today to begin accessing personalized services and information.

Note: Any member over 18 may create a unique user ID and password. Members may also restrict viewing of their information by clicking the Restricted View option.

Decision Support Tools – Presents information about hospitals, drugs and health-care related costs, and puts them into easy-to-use formats

*Coverage Advisor*SM – Helps you understand the health plan options available, so that you can choose the plan that best fits your family

- Estimate health care costs
- Calculate potential out-of-pocket costs
- Review tax implications

*Treatment Cost Advisor*TM – Find reliable cost information for specific health care services and procedures

- Search by medical condition, test or specific procedure
- View detailed information about specific conditions
- Obtain adjusted estimates for demographic and regional differences

Anthem Care Comparison^{®*} – Search for facilities by location and view the costs for a procedure; Anthem Care Comparison helps you understand the cost differences at local facilities for a selected procedure

- Select a radius for search in the geographic location of your choice
- Select from a list of inpatient procedures, outpatient procedures, diagnostic tests and office visits
- View facility specific costs for the condition in your search area
- Maximum costs and minimum costs are displayed for the facilities in your search area
- Additional information includes distance and volume of annual services performed

SpecialOffers@AnthemSM – Select health-related product and service discounts

- Vitamins, health and beauty
- Alternative therapy including chiropractic care, acupuncture, and massage therapy
- LASIK eye surgery, eyeglass frames and accessories, and contact lenses
- Digital hearing aids, audiology services and testing
- Fitness centers
- The Woman's Store (focusing on women's health and wellness needs)
- Maternity must-haves, nursery essentials, baby gear and more
- Programs related to managing stress, stopping smoking, living lean, or successfully managing alcohol

This is just a snapshot of what we have available to ensure you and your family make the most of your Anthem benefits. For a look at the big picture, check us out online at anthem.com/ca.

*Only offered in selected areas.



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