

SpecialOffers@Anthem

The Anthem logo on your medical ID card allows you to obtain valuable discounts on healthy living products and services. Discounts are available on fitness equipment, weight loss programs, hearing aids, baby and maternity items, books, child safety products, alternative therapy services and more! Log in at www.anthem.com and click on Health & Wellness > Access Your Discounts to learn what other current offers are available.



Additional Offering

This additional *360°Health* offering is in place to help enrollees and covered family members better manage their health:

- **Predictive Modeling** – Places enrollees on a risk continuum, based on claims, to help identify those at risk for future hospitalizations, plus those with chronic conditions, so placement in appropriate health management programs can be offered

Accessing 360°Health

Many *360°Health* offerings can be accessed by logging in at www.anthem.com and clicking on Health & Wellness. Others you can conveniently connect with by calling one of the toll-free numbers listed in this brochure.

Important Notes

The *360°Health* program is administered by Anthem Blue Cross and Blue Shield and subject to change at any time by Anthem at its discretion.

This brochure highlights the *360°Health* offerings that are available to you. Please note that certain *360°Health* offerings listed at www.anthem.com are not available to LGC Health Trust enrollees and their covered family members since similar programs are offered through LGC's *Slice of Life* health management program or through CVS Caremark, LGC's prescription benefit manager. For *Slice of Life* program or prescription drug information, visit www.nhlgc.org and click on HealthTrust—My Benefits or call LGC at 800.527.5001. You can also obtain prescription drug information by visiting www.caremark.com or calling CVS Caremark at 888.726.1631.



25 Triangle Park Drive
Concord, New Hampshire 03302-0617
Local: 603.226.2861
Toll Free: 800.527.5001
Fax: 603.226.2988
Website: www.nhlgc.org

360°Health®

Your Gateway to Helpful Health Resources
from Anthem® Blue Cross and Blue Shield

- 24/7 Nurse Line
- Preventive Care Resources
- Wellness Information
- Discounts
- Care Management



Available to enrollees of:

LGC HealthTrust

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360°Health®

360°Health isn't your typical healthcare management program. It's designed by Anthem Blue Cross and Blue Shield, New Hampshire Local Government Center's (LGC) medical coverage partner, to help you lead the healthiest life possible—whether you're already healthy and just want to stay that way or are living with a chronic condition that needs regular attention.

360°Health offers preventive care resources, wellness information, discounts and care management. Some of these offerings are automatically made available to you and your family members as needed. Others you can tap into directly by signing into the Member Log In feature at www.anthem.com (you will need to register first if you haven't already done so) or by calling a convenient toll-free number listed in this brochure's "Accessing **360°Health**" section.

This brochure highlights the 360°Health offerings that are available to you and your covered dependents as medically covered enrollees through LGC HealthTrust.

24/7 Nurse Line & AudioHealth Library – 800.544.1901 (toll free)

Speak to an experienced registered nurse—day or night—to discuss symptoms you're experiencing, how to get the right care in the right setting and more. You can also use the toll-free number to access a library of more than 400 audio recordings on the latest health topics. Press 1 to talk to a registered nurse, or press 9 to access the audio library.

360°Health Offering	Toll-free Number
24/7 NurseLine	800.544.1901 (press 1 to talk to a registered nurse)
AudioHealth Library	800.544.1901 (press 9 to access and select AudioHealth Library topics)
ConditionCare	866.596.9812 (to self-enroll and speak with a ConditionCare nurse)
Future Moms	866.347.8360 (24/7 access to a registered nurse to discuss pregnancy issues and receive postpartum support)

Health Management & Coordination

You can rest assured knowing the following **360°Health** programs are automatically made available to you and your family members, when needed, to help you manage and coordinate care.

ConditionCare – A voluntary program in which dedicated nurse care managers work with you, and your doctors, to help you carry out your doctors' individual plans of care for you. Qualifying conditions include asthma, diabetes, coronary

artery disease, heart failure, chronic obstructive pulmonary disease, kidney disease.

ComplexCare – Designed to help when healthcare issues such as multiple sclerosis, lupus and certain oncology concerns put you at risk for needing frequent and high levels of medical care. This program's goal is to help you access quality care, learn to effectively manage your conditions and lead the healthiest life possible.

Neonatal Intensive Care Program – Provides a team of specialized nurse care managers and medical directors to work with families and doctors on the complex care needed when a newborn is placed in a neonatal intensive care unit.

Web-Based Resources

360°Health provides LGC medical enrollees and their covered dependents with even more helpful information. You can access the following web-based resources by logging in at www.anthem.com and clicking on Health & Wellness:

- **Preventive Health Guidelines** – Listed by age groups and other categories
- **Health Topics** – Search alphabetically or by Conditions, Procedures/Surgeries and Demographic Groups
- **Future Moms** – 24/7 telephone access for expectant mothers to talk to a registered nurse about pregnancy issues, get educational materials in the mail and receive postpartum support
- **Patient Safety** – Tips, research, quality-related links and more
- **Your Health and Wellness in New Hampshire** – Access Anthem's *Healthy Solutions* newsletter plus Journey Forward: Tools and Resources for Cancer Survivors

Wellness Tool Kit

Log in at www.anthem.com and click on Health & Wellness > Wellness Tool Kit to access this personalized, online resource center full of information to help manage and improve your health. It features articles, interactive tools, calculators and quizzes on topics such as women's, men's and children's health, mental health and specific health conditions. You can:

- Use Health Trackers to chart your health measurements over time.
- Calculate your Body Mass Index.
- Get the latest information on medical alerts and recalls.
- Learn to achieve and maintain a positive mood through the Emotional Health Lifestyle Improvement Program.
- Use WebMD's Symptom Checker.
- Set up a secure and personal Health Record.
- Access a childhood immunization schedule for children 6 years and under.
- Learn to keep your kids active for each stage of their growth.
- Access the latest, in-depth information on a specific condition.

