

Ready to improve your health? Let us help.

ConditionCare: health support

Healthier today, better tomorrow

If you have a condition that puts you at risk for future health problems, let us give you the help you need. When you join the ConditionCare program, your physical and mental health may improve. It's easy to sign up. Just call us toll free at **866-962-0957**. The program is additional to your health plan for you and your covered family members.

Our health support programs help with:

- Low-back pain.
- High cholesterol, high blood pressure and metabolic syndrome.
- Arthritis, hip and knee replacement, and osteoporosis.

When you join ConditionCare, you'll get tools and information to help you manage your condition. And based on your needs, the program also gives you:

- Round-the-clock phone access to nurse care managers who can answer your questions and help you cope with your condition.
- A health screening and follow-up calls with health professionals, as needed, to help you reach your health goals.

We may call to find out if ConditionCare can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.



Get help managing your condition

To learn more or to join ConditionCare,
call us toll free at 866-962-0957.