

We are here to support your health

If you have an ongoing condition that might put you at risk for future health issues, we want to help. When you join ConditionCare, a no-cost health and wellness program, we work together to help you better manage your physical and mental health.

ConditionCare can help you or covered family members manage:

- Low back pain.
- High cholesterol, high blood pressure, and metabolic syndrome (a group of risk factors that raises your likelihood of developing heart disease, stroke, and type 2 diabetes).
- Arthritis, hip and knee replacement, and osteoporosis.
- Diabetes.
- Asthma and chronic obstructive pulmonary disease (COPD).
- Coronary artery disease (CAD) and heart failure.
- Chronic kidney disease.

Based on your needs when you sign up for ConditionCare, the program provides:

- Telephone access to health care professionals who can answer health questions and work with you to optimize your health.
- Continued guidance from nurse care managers, pharmacists, dietitians, and other healthcare professionals who work together to help you reach health goals.
- Educational guides and tips to help you learn more about your condition.

You might receive a call from us to see whether the ConditionCare program is a good fit for your needs. Before talking about your health on the phone, we will check your address or date of birth to verify your identity and protect your privacy.



Your health and well-being is a priority for us. To learn more about ConditionCare or take part in the program, call us toll-free at **866-962-0963**.

