

Annual checkups	Annual physical and other in-network preventive care is generally covered at 100% in-network	
Nurse Help Line 24 hours a day, 7 days a week	Call the 24/7 Nurseline at the number listed on your member ID card	888-576-6225
Weight management and nutrition counseling	<ul style="list-style-type: none"> <li>• Diabetes Prevention Program for pre-diabetics (in-person and online)</li> <li>• Diet and nutrition advice</li> <li>• Diabetic Care self-management training (after copay)</li> <li>• Discounts on weight loss products and programs, including Jenny Craig, Living Lean, nutrition bars and drinks</li> <li>• Bariatric surgery if authorized as medically necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition counseling available with doctor referral; copay applies</li> <li>• Lifestyle Weight Management Course plus other health education programs</li> <li>• Free online personalized Weight Management Program</li> <li>• Weight Watcher discounts</li> <li>• Bariatric surgery referral to a specialist for weight loss surgery</li> </ul>
Smoking/tobacco cessation	<p>Quitting smoking is the most important thing that current smokers can do to live a longer, healthier life. Anthem offers these tools and resources to help you beat the addiction:</p> <ul style="list-style-type: none"> <li>• Smoking/tobacco cessation support</li> <li>• Over-the-counter nicotine replacement medications with no copayment</li> <li>• Prescription smoking cessation medications</li> </ul>	<ul style="list-style-type: none"> <li>• Nicotine patches at regular drug copayment for up to six months when registered for a smoking cessation class</li> <li>• Stop smoking classes offered at no fee to members</li> <li>• Members can meet with a Clinical Health Educator for one-on-one counseling at regular office copay</li> <li>• Free, online personalized Stop Smoking Program</li> <li>• Quit smoking with Breathe™</li> </ul>
Health Coaching	Contact Anthem Concierge support for resources and wellness services.	Offers a phone-based and web-based Health Coaching program available to all members focused on health habits, like managing weight, quitting tobacco, reducing stress, becoming more active, and eating healthier.
Exercise	Offers a web-based walking program that allows members to earn points and join an online community supporting their walking goals.	Offers a web-based walking program called "10,000 Steps" which allows members to set goals and track individual progress.
Chronic Care Management	Call 800-552-5560 to sign up for ConditionCare and get 24/7 toll-free access to a nurse care manager; health screenings and follow-up calls; educational guides; and tools on how to take care of your health.	Complete Care disease management program is designed to prevent or manage chronic conditions through a combination of clinical care, health education, and self-management tools. Members with specific medical conditions are automatically identified using disease-specific case identification protocols through our clinical information systems. Call Member Services at 800-464-4000.
Other online tools	<p>Go to <a href="http://anthem.com/ca/cityofla">anthem.com/ca/cityofla</a> and select Health &amp; Wellness to find:</p> <ul style="list-style-type: none"> <li>• Preventive health guidelines for men, women, children and seniors</li> <li>• Videos on a range of wellness topics</li> <li>• Articles on alternatives to Western medicine</li> <li>• First aid information</li> <li>• Comprehensive health library</li> <li>• LiveHealth Online doctors</li> </ul>	<ul style="list-style-type: none"> <li>• Total Health Assessment with Succeed™</li> <li>• Exercise videos</li> <li>• Physical and mental health quizzes and calculators</li> <li>• Downloadable podcasts</li> <li>• Fitness widgets</li> <li>• Interactive "Kid Wisdom" site geared for child health</li> </ul>