



# Personal support when you need it most

## Your very own personal health consultant is just a call away

As part of your benefits, you have access to a trained professional dedicated to your specific health needs — at no cost! Your personal health consultant can discuss these needs with you and help you reach your health goals.

Get the support you need to:

- Make a plan of care so you can meet your goals, such as losing weight, eating better or quitting smoking.
- Understand what to expect if you spend time in the hospital and how to follow your doctor's plan of care when you come home.
- Arrange care if you need surgery or a procedure.
- Get advice from specialized medical professionals like dietitians or pharmacists.
- Handle a serious or complex condition and get the help you need.
- Answer questions about your family's health care needs.

Your personal health consultant can also recommend our other no-cost programs that can help you along the way. We may also reach out to you if we see the need and can help you.

**We're ready to lend a hand.  
Give us a call at the Member Services  
number on your ID card.**

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado and Nevada: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin ("BCBSWI"), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation ("CompCare"), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

