

MyHealth Advantage

We're watching out for you!

It's hard enough remembering birthdays, anniversaries and all the big events in your life. Taking care of your health? That's easy to forget. But there's a program that can help.

MyHealth Advantage connects your claims, doctor reports, personal health history and other information for a bigger picture of your health. If we see things you can act on to help improve your health or save money, you'll get a **MyHealth Note** — a confidential health summary that includes:

- **Money-saving tips.** For example: Can you switch from a brand-name medicine to a lower-cost generic?
- **Prescription drug updates.** Time for a refill? We'll let you know.
- **Reminders for checkups, tests and exams.** We'll keep nudging you about scheduling preventive care.
- **Lists of recent claims and prescriptions.** Share these with your doctors.
- **General health tips.** Are you at risk for diabetes or another condition? We can give you the warning signs.

The program can help you keep health issues from developing or becoming serious. And that means lower health care costs down the road.

MyHealth Notes are mailed to you. Or you can read our “Suggestions” on your iPhone or Android device by downloading the Anthem Anywhere app. With this app, you have the option of getting personalized health messages on the go via the Secure Message Center.



Help is on the way — even if you didn't know you needed it!

Look for your MyHealth Note in your mailbox or read our “Suggestions” in your plan's Secure Message Center (website and mobile app).



Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, 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 Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield of Virginia, Inc. 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), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Company (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or 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.