

# 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 with you to help you better manage your physical and mental health.

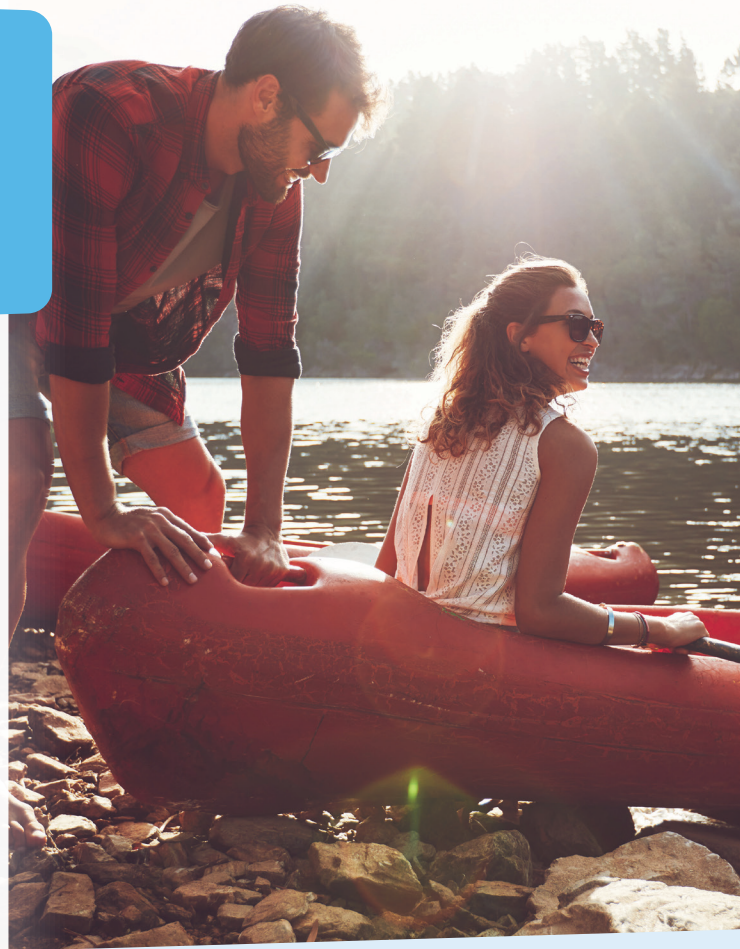
ConditionCare can help you or your covered family members manage conditions such as:

- High cholesterol, high blood pressure, high blood sugar, and weight problems
- Coronary artery disease (CAD) and heart failure
- Diabetes
- Asthma and chronic obstructive pulmonary disease (COPD)
- Low back pain, arthritis, hip and knee replacement, and osteoporosis

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

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

To find out more about the ConditionCare program, call us toll free at **866-962-0963**.



*The ConditionCare nurses are very knowledgeable and very willing to listen and offer good advice. They follow up when they say they are going to. I really appreciate that. Awesome program.*

– ConditionCare participant



### Extra support at no extra cost

Your health is a priority. Call us today at **866-962-0963** to learn how the ConditionCare program can help you take care of your health. Sign-up is quick and easy.



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