

It's your call

You choose how you want to reach us — we'll make sure you get answers

All you want is for someone to answer your questions, right? To make it easy to understand your plan. Or help you figure out the next steps in dealing with a health issue. We hear you. And we're here for you, too.

Anthem Health Guide: supporting you with answers and guidance

You can reach us by phone, mobile app, email or even chat with us online via your computer or mobile device. Whatever you choose, you'll get a health guide who's ready to answer your questions and help you make the most of your health plan benefits.

It takes a team

Our health guides work closely with health care professionals, like nurses, health coaches and social workers, to provide personalized and consultative support.

They can help you:

- Connect with the right benefits and programs for your health care needs, including:
 - Pregnancy support to keep you healthy while you're expecting
 - Nurse care manager support for managing chronic conditions such as asthma, diabetes, chronic obstructive pulmonary disease (COPD), coronary artery disease and heart failure
 - Cancer support for you, family members and caregivers before, during and after treatment
 - Behavioral health support if you or a family member are experiencing stress, depression and anxiety, or are dealing with drug and alcohol abuse or other personal issues
- Stay on top of your follow-up and preventive care with reminders and appointment-scheduling support.



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It starts with making sure you can reach us any way you want

- Call us at 855-603-7982
- Chat with us online, email us or set up a return call by:
 1. Log in: engage-wellbeing.com
 2. Select Benefit Tab
 3. Select Anthem Health Guide
 4. Picking your preferred communication option
- Use our free Engage mobile app
- Or call 24-7 Pharmacy member services 833-930-1772