

A helping hand for *your* health journey



Sometimes, making healthy choices doesn't come easy. You may feel unsure about what to do. That's where MyHealth Coach comes in. Our experienced health educators are here to help you and your covered family members take that next step — or the first one. Plus, it's a plan benefit you already have, so it won't cost you a thing.

Confidential, one-on-one phone support

Are you finding it hard to eat healthy and get active? Is stress keeping you up at night? Maybe you're nervous about an upcoming hospital stay or surgery? Our health educators can help you with these types of concerns, as well as things like:

- Where to find nearby community resources.
- What your blood pressure, body mass index and cholesterol screening results mean.
- Ways to quit smoking.
- Why you need to take certain medicines and follow your doctor's treatment plan.

Judy's real-life story



Judy, an Anthem member, had a clear health goal: lose weight. But it wasn't that simple. At the time, she was:

- Struggling with several health conditions and had to take medicine that caused weight gain.
- Having trouble getting enough calories.
- Going through major life changes, including retirement, becoming a grandmother and losing her husband.

Judy needed support to achieve her goal. With the help of Judy's health educator, combined with advice from a dietitian and pharmacist, she was able to:



Lose weight



Increase her fitness level



Switch to better pain management drugs



Address her feelings

Most importantly, Judy learned to approach health as a lifestyle rather than a number on a scale.



Your health educator is standing by. Call the Member Services number located on your ID card to start your health journey with us.

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