

# Improve your heart health

## ConditionCare: coronary artery disease

### Our nurse care managers can help you manage your coronary artery disease

Coronary artery disease (CAD) doesn't happen overnight. Years of high blood pressure, high cholesterol and other factors can damage your arteries and your heart. There's no cure for CAD. But there's treatment — and there's ConditionCare.

This no-cost health and wellness program connects you and your covered family members with CAD to nurse care managers for heart-health support and resources.

#### Through ConditionCare, you get:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Guidance from nurse care managers to help you meet your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about heart health.

You might get a call from us to see if the program is a good fit for your needs. Before discussing your health on the phone, we'll verify your address or date of birth to be sure we're speaking only with you and protecting your privacy. Any information you share will be kept confidential.



### Get help managing your CAD

For more details or to join ConditionCare, call us toll free at 866-962-0957.

**Anthem** 