

# You don't have to fight diabetes alone

## ConditionCare: diabetes

### We'll be there every step of the way

Living with diabetes can be challenging – especially without the right tools and resources.

That's where ConditionCare comes in. If you or a covered family member has diabetes, this no-cost health and wellness program can connect you to nurse care managers for diabetes-management support.

The program not only focuses on getting you and your blood sugar to your healthy best, but also on preventing other major health problems diabetes can lead to.

### Plus, ConditionCare provides:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Guidance from nurse care managers, pharmacists, dietitians, doctors and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about diabetes and your health.

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



**We're here to help you take control of your diabetes**

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

**Anthem** 