Plan extras

Extra benefits that support your whole health

Once you enroll in your Anthem health plan, you'll have access to a variety of programs and resources — at no added cost. These programs will help you to improve your overall health, save on the cost of care, and better manage a health condition if you have one.

Condition support

Managing a health condition can be hard, which is why we have programs to help you coordinate care and manage your care more easily. Whether you're managing diabetes, heart disease, or asthma, help is just a call, tap, or click away.

24/7 NurseLine

A registered nurse is available to answer your health questions anytime, day or night. They can help you decide where to go for care and find doctors and other healthcare professionals in your area.

Case Management

A care management team will reach out to help you as you transition home from surgery or if you have a serious health condition. They'll answer your questions about your follow-up care, medicines, or treatment options, coordinate benefits for home therapy or medical supplies, and find community resources for you.

ConditionCare CORE

A dedicated care management team, including dietitians, health educators, and pharmacists, is available to help you learn about and manage chronic health conditions, such as asthma, chronic obstructive pulmonary disease (COPD), diabetes, heart disease, or heart failure.

* Carelon Health, Inc. is a separate company providing care management services on behalf of Anthem.

Maternity

Our maternity programs are designed to support you at every stage of parenthood.



Whether you're planning for a baby, expecting, or caring for a young child, you'll have access to tools, resources, and personalized support to help you and your family thrive.

Building Healthy Families

Building Healthy Families focuses on meeting families' needs — no matter who makes up that family. If you're having a baby or planning to grow your family, the program makes it easier for you to find personalized, on-demand health guidance. It offers support for all stages, from pre-conception to early childhood, including:

- Personalized solutions from health educators and nurse case managers.
- Help for expecting parents, adoptive parents, single parents, and parents of children ages 5 and under.
- 24/7 access to a convenient online site with tools and information through the Sydney® Health app.

* Carelon Health, Inc. is a separate company providing care management services on behalf of Anthem.

Behavioral health

When life gets tough, it can be hard to remember you're not alone. Your Anthem health benefits include a variety of support for your mental health and emotional wellbeing, which can help you take better care of all the other things that matter in your life.

Extra support can make a difference with things like depression, anxiety, substance use, or eating disorders. Our caring professionals will work with you to arrange counseling and support services that meet your individual and family needs.

Emotional Well-being Resources, Administered by Learn to Live*

Emotional Well-being Resources is here to help you identify the thoughts and behavior patterns that affect your emotional well being — and work through them with online programs and personalized coaching. Learn effective ways to manage stress, depression, anxiety, and sleep issues.

*Learn to live is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

Whole health connections

Staying on top of your health is important but can sometimes be hard to do on your own. We connect you to the right resources that can help you more easily meet your goals.

Smart Rewards

Earn rewards for living healthier every day, such as when you have a wellness exam, read educational articles, or take a class on healthy eating. Check with your benefits administrator for all the details, including a list of healthy activities.

SpecialOffers and Discounts

SpecialOffers and Discounts features discounts on a variety of programs that help promote better health and well-being. Discounts are available on products and services for vision, hearing, weight loss, fitness, family planning, health supplements, and other wellness products.