

When it comes to your health plan, now you can have the best of both worlds. Introducing **360° Health**, an approach to total health that combines cutting-edge innovation with the quality care you've grown to expect and trust from us. And with **360° Health**, we want you to know us and use us like never before. **360° Health** can help you become more engaged in your health and empower you to make health care decisions that are right for you and your family. Take a look at 360° Health's all-encompassing solutions that can help you feel better today.

Tools & Resources

Good information is a vital to good health. We provide it at MyHealth@Anthem.com. Our online resource to health and wellness information enables you to learn more about what you want, when you want – and all at your fingertips. You'll find the most up-to-date and relevant information about myriad health topics and conditions, even treatment options. Calculate your body mass index. Track your diet and exercise. Not into the Net? Receive our free newsletter at home through the mail. Or call our Audio Health Library to hear confidential recorded messages about hundreds of health topics in English and Spanish. Tools & Resources can help you save money, too. Take advantage of discounts and special offers on smoking cessation, fitness club memberships and weight management. Our Tools & Resources are so easy to access and use, you'll want them handy every day.

Guidance

Real life doesn't follow a 9 to 5 schedule. When you've got questions, we've got answers. Guidance is there for you 24 hours a day, 7 days a week, offering the right level of care for the different events in your life, such as a hospital stay, pregnancy or medical question. Our registered nurses are always available to address your concerns and give you the support you need in reaching your health goals.

Management

Are you living with a chronic condition such as asthma, diabetes or coronary artery disease (CAD)? We can help. 360° Health's Management solution knows you need a partner, not another convoluted health plan. We'll work with you, your doctor and other health care providers to surround you in your health and help optimize your wellness.

Join the revolution. See what 360° Health can do for you.

Visit Anthem.com/ca to learn more about how **360° Health** can help you gain a greater level of health satisfaction.

