



# Your “Take Care Package”

Wellness programs  
included in your  
health plan



## Employee Assistance Program (EAP) | 855-223-9277

Your EAP includes up to 4 free confidential counseling sessions per issue for you, your covered dependents and members of your household. It's also a valuable source for information about emotional well-being, childcare and elder care resources, financial and legal issues, and more. Tap into all your EAP has to offer at [anthem.com/tlc](https://www.anthem.com/tlc). Choose the EAP link, enter Commonwealth of Virginia as your company, and select The Local Choice.



## LiveHealthOnline.com

Use your smartphone, tablet or computer to see a board-certified doctor in minutes – anytime, day or night. **LiveHealth Online** is a fast and easy way to get medical care for common medical conditions like the flu, colds, allergies, sinus infections, and more. The cost is the same as what you pay for a PCP visit. You can also see a therapist or psychologist through **LiveHealth Online Psychology**. In most cases, you can get an appointment for counseling within four days or less. And now you can use **LiveHealth Online EAP** to access your four free EAP counseling sessions. Contact Anthem EAP to learn more. Go to [livehealthonline.com](https://www.livehealthonline.com) or download the app so you'll be ready whenever you need these **LiveHealth Online** services.



## Future Moms | 800-828-5891

Expecting? Enroll in **Future Moms** within the first trimester (14 weeks) for free pre- and post-natal support to help ensure a healthy pregnancy. It's there for you, your spouse or other covered dependents. Since no two pregnancies are alike, count on **Future Moms** for your first and any subsequent pregnancies. Once your baby is born, take advantage of online visits with a certified lactation consultant, counselor or registered dietitian at no extra cost to you through **LiveHealth Online**! Sign up at [livehealthonline.com](https://www.livehealthonline.com) or download the app, then sign up for **Future Moms with Breastfeeding Support**. Take advantage of personalized support to help you with breastfeeding techniques, learn about baby hunger cues, foods to avoid, and more.



## 24/7 NurseLine & Audio Health Tape Library | 800-337-4770

Sometimes you need health questions answered right away – even in the middle of the night. Call 24/7 NurseLine to speak with a nurse. Or use the Audio Health Library if you want to learn about a health topic on your own. Your call is always free and completely confidential.

## ConditionCare | 800-445-7922

Take advantage of free and confidential support to manage these conditions:

- Asthma
- Diabetes
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Heart failure
- High cholesterol
- Hypertension
- Metabolic syndrome
- Obesity

You may receive a call from ConditionCare if your claims indicate you or an enrolled family member may be dealing with one or more of these conditions. While you're encouraged to enroll and take advantage of help from registered nurses and other health care professionals, you may also opt out of the program when they call.

## Quit for Life Tobacco Cessation 866-784-8454

This nationally acclaimed program is free, confidential, and it works! When you're ready to be tobacco free, you don't have to quit alone. Call or go to [www.quitnow.net/commonwealth](http://www.quitnow.net/commonwealth) to get all the help you need.



## MyHealth Advantage

You may receive a MyHealth Note in the mail. It's our way of reminding you about important health screenings and other medical reminders. It also gives you a convenient summary of your recent medical claims, prescriptions and money saving health care tips.



# If You Need Assistance

## Anthem Blue Cross And Blue Shield

### Anthem Member Services

(medical, outpatient pharmacy and routine vision)

**1-800-552-2682**

Monday through Friday 8:00 a.m. – 6:00 p.m.

Saturday 9:00 a.m. – 1:00 p.m.

[www.anthem.com/tlc](http://www.anthem.com/tlc)

## Anthem Behavioral Healthcare and Employee Assistance Program

**1-855-223-9277**

[www.anthemep.com](http://www.anthemep.com)

(Company Name: Commonwealth of Virginia)

## 24/7 Nurseline

**1-800-337-4770**

## LiveHealth Online

[LiveHealthOnline.com](http://LiveHealthOnline.com)

## Delta Dental of Virginia

### Routine Dental Care

**1-888-335-8296**

[www.deltadentalva.com](http://www.deltadentalva.com)

## The Local Choice

*The Local Choice Health Benefits Program*

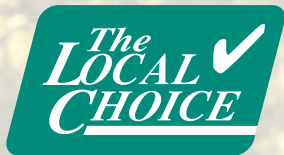
Commonwealth of Virginia

Department of Human Resource Management

101 North 14th Street – 13th Floor

Richmond, VA 23219

[www.thelocalchoice.virginia.gov](http://www.thelocalchoice.virginia.gov)



Anthem Blue Cross and Blue Shield is the trade name for Anthem Health Plans of Virginia, Inc.  
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