



CARE *Management*

Care You Can Count On

Pearson Benefits

FOR TODAY AND TOMORROW

BE INFORMED.
GET CONNECTED.
FOR YOUR BENEFIT.



*Live your
healthiest life*

by taking advantage of the care management programs offered by Pearson in partnership with Anthem BCBS.



REGISTER for Online Tools

Go to www.anthem.com to register today and get free, immediate access to wellness information, tools and resources. You can:

- **Complete a MyHealth Assessment.** Identify your potential health risks and learn how to make improvements in order to maintain a healthy lifestyle.

- **Calculate your Health Footprint.** Use this online tool to see how your healthy choices influence those around you.

- **Train with Bob Harper from “The Biggest Loser”.** Watch interactive videos, take the 10-Day Boost challenge or browse through his 18 health tips and live Twitter stream.

- **Find a provider.** Search for doctors and health care facilities by name or location. You can narrow your search by provider type, specialty, gender or languages spoken.



CALL for Support

Get one-on-one health and wellness support through the **360° Health programs**, including:

NurseLine: 1-800-700-9184

- Talk to a nurse 24/7, 365 days a year.
- Describe your symptoms and receive guidance on what to do.
- Learn how to make more informed decisions about choosing the most appropriate and cost-effective care.
- Get health education and/or prevention information.

You May Receive A Call

If your claims data indicates you could benefit from the Anthem health management resources described in this brochure, a BlueCare Consultant (BCC) will reach out to you. Your participation is completely voluntary and confidential. Pearson is committed to protecting your privacy. Pearson will have no knowledge of who is contacted, and your individual information will not be shared with Pearson.

For all other services listed here, call 1-877-898-0747

BlueCare Consultant:

- Manage your health, from coaching on weight loss to education about the side effects of chemotherapy.
- Learn how to set and achieve healthy lifestyle goals with a personalized health plan.
- Discuss your doctor's recommendations and your treatment options.
- Talk about how your health plan works so you can get the most out of it.
- Get help coordinating your health care benefits before, during and after a hospital stay.
- Find the right Anthem health coaching program for your situation.

Family members covered by your health plan can talk to the same BlueCare Consultant.

ComplexCare:

- Get help if you or your family members have multiple health issues or a condition that requires frequent or high levels of medical care.
- Team up with a nurse and other clinicians to help you achieve tailored health goals.
- Receive individualized education as well as preventive care and self-management tips to help you and/or your family members make more informed decisions about health care options.

ConditionCare:

- Obtain personalized, one-on-one support and guidance to help you manage asthma, diabetes, chronic obstructive pulmonary disease (COPD), heart failure and/or coronary artery disease (CAD).
- Find information and tools that can help you avoid unnecessary doctor's visits, hospitalizations and time away from work.





Future Moms:

- Get tips to help you take care of your baby before you deliver, whether it's your first child or your fifth.
- Register to receive educational materials to help you handle unexpected events, a questionnaire to evaluate your risk for preterm delivery, and tools to track your pregnancy and spot possible risks.

Behavioral Health Resource Program:

- Get individualized assistance beyond what the Employee Assistance Program (EAP) can provide. Anthem's Behavioral Health Resource Program offers personalized support to help you deal with combined mental and physical health conditions. It can also help if you are affected by depression, anxiety, drug or alcohol dependency, eating disorders and other issues impacting your day-to-day quality of life.

Report for: Jane W. Public

Suggestions for You

Based on your available claims as of

Learn more about these suggestions from Harvard

- Call Your Doctor** Ask your doctor about medication to treat migraine headaches after the not taking a medication to prevent medications that may stop migraines soon to ask if you should take a med
- Health Tip** Ask your doctor about a mammogram. Your medical claims suggest you have Women in your age group (40-70) should look for abnormal breast tissue that early helps make it easier to treat and should have a mammogram.
- Save Money** Save money by switching from Asking for the generic form of a di prescriptions. Recently, you filled a is the generic form of Coumadin, Coumadin. If you switch to warfarin doctor or pharmacist to ask if you
- Helpful Info** Exercise regularly to stay healthy. Exercise is an important part of start slowly, working your way up regularly, working up to a half hour the walk harder or longer. And have a bike, or find something else you starting or changing your exercise

More Information For You From Harvard
Visit <http://www.anthem.com/myhealth> in [] to get information on your condition

LOOK for MyHealth Notes at Home

Anthem may send personalized alerts, called MyHealth Notes, to your home.

- Let you know about resources and treatment options based on your health status.
- Inform you of any possible missed opportunities in your medical care.
- Provide updates on your medication.
- Share ways to save money.

This information will also be provided to your doctor.

Finding potential health problems early can lead to a better outcome. Plus, being healthier may reduce the number of visits to the doctor or hospital.

MyHealth Note

A confidential health care summary for

Jane W. Public
May 2010

Suggestions for You (details inside)

-  Ask your doctor about medication to prevent migraines
-  Ask your doctor about a mammogram
-  Save money by switching from Coumadin
-  Exercise regularly to stay healthy

Share this report with your doctors



FOR PRESENTATION PURPOSES ONLY



MHN Ref #: 00123456-01
Group #: GRX 123678

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Your Medical and Pharmacy Claims

Other Medications You Are Taking

March 23, 2010	Your recent medical and pharmacy claims as of	March 23, 2010	Please list any medications you take that are not shown on the other side.																																																																																																																																																																																	
<p>Medical School*</p> <p>to prevent migraines. (285)*</p> <p>suggest you frequently take medication they occur. They also suggest you are migraines before they start. There are s before they happen. Call your doctor ication to prevent migraines.</p> <p>gram. (2130)*</p> <p>did not have a mammogram in the past year. uld have a mammogram every year to may be cancerous. Finding breast cancer d cure. Call your doctor soon to ask if you</p> <p>m Coumadin. (3564)*</p> <p>g is a good way to pay less for prescription for Coumadin. Warfarin and it is as safe and effective as n, you may save money. Call your can make this switch.</p> <p>althy. (1004)*</p> <p>aying healthy. If you don't exercise, to more intense exercise. Walk a few times a week. Start making e fun! Join clubs, dance, swim, ride enjoy. Check with your doctor before program.</p>	<table border="1"> <thead> <tr> <th>Date</th> <th>Service / Prescription</th> <th>Qty</th> <th>Days</th> <th>Doctor/Prescriber(†)</th> </tr> </thead> <tbody> <tr> <td colspan="5">Visits</td> </tr> <tr> <td>03/12/10</td> <td>Office Visit</td> <td>-</td> <td>-</td> <td>Wilson, Michelle L.</td> </tr> <tr> <td>03/02/10</td> <td>Office Visit</td> <td>-</td> <td>-</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>02/25/10</td> <td>Office Visit</td> <td>-</td> <td>-</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>02/05/10</td> <td>Office Visit</td> <td>-</td> <td>-</td> <td>Jones, Terry M.</td> </tr> <tr> <td>12/02/09</td> <td>Office Visit</td> <td>-</td> <td>-</td> <td>Wilson, Michelle L.</td> </tr> <tr> <td colspan="5">Prescriptions</td> </tr> <tr> <td>03/12/10</td> <td>Nexium - 20 mg</td> <td>30</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>03/01/10</td> <td>Coumadin - 5 mg</td> <td>30</td> <td>30</td> <td>Jones, Terry M.</td> </tr> <tr> <td>02/10/10</td> <td>Proair - 8.5 gms</td> <td>30</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>02/10/10</td> <td>Nexium - 20 mg</td> <td>30</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>02/10/10</td> <td>Zomig - 2.5 mg</td> <td>09</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>01/23/10</td> <td>Coumadin - 5 mg</td> <td>30</td> <td>30</td> <td>Wilson, Michelle L.</td> </tr> <tr> <td>02/13/10</td> <td>Accupril - 20 mg</td> <td>60</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>01/18/10</td> <td>Zomig - 2.5 mg</td> <td>09</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>12/18/09</td> <td>Proair - 8.5 gms</td> <td>30</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>12/12/09</td> <td>Accupril - 20 mg</td> <td>60</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td>10/13/09</td> <td>Accupril - 20 mg</td> <td>60</td> <td>30</td> <td>Lynn, Samuel F.</td> </tr> <tr> <td colspan="5">Other Medical Services</td> </tr> <tr> <td>03/02/10</td> <td>Cholesterol Panel</td> <td>-</td> <td>-</td> <td>LabCorp Laboratories</td> </tr> <tr> <td>02/15/10</td> <td>Ambulatory ER Visit</td> <td>-</td> <td>-</td> <td>St. Lucy's Hospital ER</td> </tr> <tr> <td>02/06/10</td> <td>Medical Equipment</td> <td>-</td> <td>-</td> <td>Lynnwood Medical Mart</td> </tr> <tr> <td>02/05/10</td> <td>Metabolic Panel</td> <td>-</td> <td>-</td> <td>LabCorp Laboratories</td> </tr> <tr> <td>11/04/09</td> <td>Head CT Scan</td> <td>-</td> <td>-</td> <td>Radiology Assoc. - SFSL</td> </tr> <tr> <td>11/15/09</td> <td>Sinus XRay</td> <td>-</td> <td>-</td> <td>Mercy Hospital - Rad</td> </tr> </tbody> </table>	Date	Service / Prescription	Qty	Days	Doctor/Prescriber(†)	Visits					03/12/10	Office Visit	-	-	Wilson, Michelle L.	03/02/10	Office Visit	-	-	Lynn, Samuel F.	02/25/10	Office Visit	-	-	Lynn, Samuel F.	02/05/10	Office Visit	-	-	Jones, Terry M.	12/02/09	Office Visit	-	-	Wilson, Michelle L.	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† Doctor/Prescriber listed may be another name from that medical office/practice.

Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o en el folleto de inscripción.

FOR PRESENTATION PURPOSES ONLY


Bring this list to each doctor visit.

FOR PRESENTATION PURPOSES ONLY

ANTHEM000002_2_071210

“I’ve gained 30 pounds over the past few years. What can I do?”



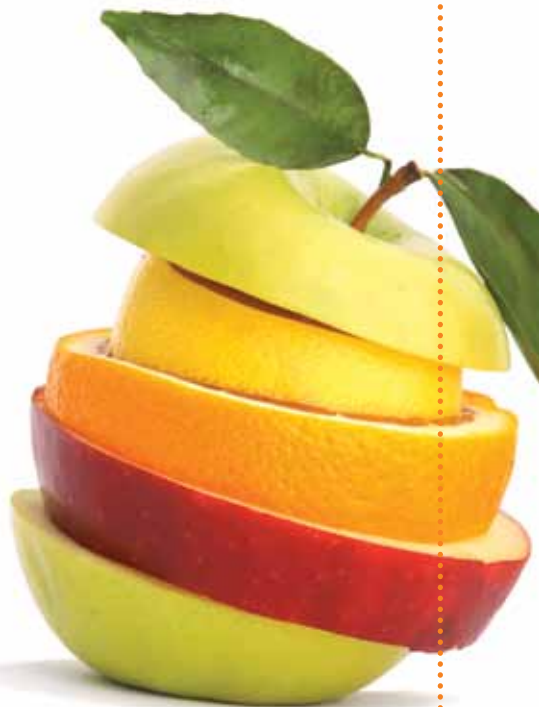
- 
- Take the MyHealth Assessment to learn about your health risks. Your health profile results may prompt a BlueCare Consultant (BCC) to call and offer guidance on how to make healthy changes.
 - Work with your doctor and personal BCC to come up with a plan for changing your lifestyle.
 - Stay in touch with your health coach regularly to discuss your progress.
 - Connect with a counselor through the Behavioral Health Resource Program to work through any anxiety about making lifestyle changes.

“I was just diagnosed with Type 2 diabetes and need help dealing with my condition.”





- Call the 24/7 NurseLine and get answers to general health questions related to your condition and receive tips for dealing with Type 2 diabetes, such as eating well, exercising and maintaining a healthy weight.
- At the recommendation of the NurseLine, connect with a ConditionCare nurse for weight loss coaching and help setting healthy lifestyle goals.
- Based on your needs, you may be assigned a coach who will provide one-on-one support to help you manage your diabetes.
- Work with your doctor and ConditionCare to develop a diabetes treatment plan that keeps meals, exercise and insulin in balance.





The examples in this brochure were created to demonstrate the Anthem programs. They do not represent any specific Pearson employee, nor are they based on actual claims data.

