

Anthem's cancer resources

Support throughout your health care journey with cancer

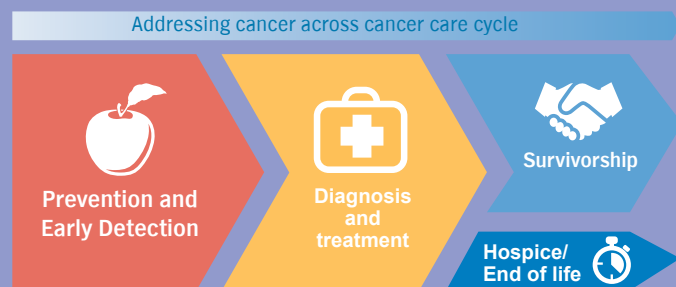
Wondering what you can do to prevent cancer? Have you or someone you love been told you have cancer? A cancer diagnosis can be scary. It can create confusion and disrupt your life and the lives of your loved ones. You may have questions such as:

- What treatment do I need?
- Who provides the right treatment?
- What will my life be like having cancer?
- When will I feel better?

That's why we're here to partner with you to support cancer prevention or through your cancer journey by offering helpful resources and services. As a member you have access to a large network of providers and centers specializing in cancer treatment.

How can I find cancer resources and programs?

For more information about Anthem's cancer resources, go to anthem.com/ca. Select the Health and Wellness tab on the top of the webpage. Here you'll find information on prevention and wellness topics including:



Prevention, screenings, vaccines and wellness – Diet, lifestyle and prevention are important to promote optimal health. Cancer prevention screenings are important, which is why we cover a variety of cancer screenings.

Diagnosis and treatment – For those who have been told they have cancer or going through cancer treatment, we offer programs including: Case Management, Employee Assistance (if available) and the Help for Caregivers online resource.

Case management services

Case management gives you access to a licensed health professional who offers support, education and resources from diagnosis through treatment and recovery. Your policy has a benefit for case management services. Case management is provided by a licensed health professional, often an RN, who can help you and your family:

- Understand how your benefits will support treatment and medications.
- Understand what questions to ask and how to best work with your doctor.
- Know what to expect during the treatment and post-treatment process.
- Navigate the insurance system, as needed.
- Identify resources and support where you live.

Post-treatment – While most members move through their cancer treatment and into a cancer-free life, sometimes they must deal with end-of-life issues. We can help with both of these paths. Our services include Journey Forward, a program designed to improve the long-term health of cancer survivors. We also provide hospice benefits and end-of-life care for members facing a terminal illness.

Contact us today if you are interested in Case Management services. You can use the customer service e-mail through your registered account at anthem.com/ca, call the customer service number on the back your ID card or we may contact you.

Having cancer doesn't mean you're on your own.
We're here to support you and your health.

