

# Get the support you need to feel your best

## ConditionCare

### Take control of your health today

A little help can make a big difference when you or a family member has:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Type 1 or 2 diabetes (pediatric or adult)
- Heart failure

That's where ConditionCare comes in. This no-cost health and wellness program provides:

- 24/7, toll-free phone access to nurses who can answer health questions.
- Support from nurse care managers, dietitians and other health care professionals to help you reach your health goals.
- Educational guides, electronic newsletters and tools to help you learn more about your condition(s).

You might get a call from us to see if ConditionCare is a good fit for your needs. Before discussing your health on the phone, we'll verify your address or date of birth to be sure we're speaking only with you and protecting your privacy. Any information you share will be kept confidential.



**You're never alone with ConditionCare**

For more details or to join ConditionCare, call us toll free at 866-873-4010.



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