



Talk to a care manager today with ConditionCare

One-on-one support for managing chronic health conditions

ConditionCare is here with truly personalized support for members with conditions such as asthma, COPD, diabetes, and heart disease. Call 800-621-2232 to speak with a care manager who will help you manage any condition you may have, offer guidance, and address your concerns.

Our experienced care managers are ready to answer questions such as:

- How do you plan for controlling asthma triggers?
- Can the weather affect COPD?
- Can exercise affect blood sugar levels?
- What is good cholesterol and bad cholesterol?

The program begins with a health evaluation where your care manager will help you set health goals and connect you to health care professionals, including pharmacists and diet specialists. All of this is available to you as part of your health benefits.

Connect with ConditionCare today by calling 800-621-2232.

Please note that this communication does not imply that you or a family member has any of these conditions.

Please don't reply to this email. We want to help you, but these messages aren't monitored. If you have questions, please use our [secure Message Center](#). It's the quickest and safest way to contact us.

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