

The Local Choice Health Benefits Program

Carroll County

Proposed Rates Effective from
for July 01, 2020 through June 30, 2021

With Comprehensive Dental

	<u>Single</u>	<u>Dual</u>	<u>Family</u>
<u>ACTIVE EMPLOYEES</u>			
Key Advantage Expanded	\$847	\$1,567	\$2,287
* Key Advantage 250	\$770	\$1,425	\$2,079
* Key Advantage 500	\$707	\$1,308	\$1,909
Key Advantage 1000	\$670	\$1,240	\$1,809
* High Deductible Health Plan	\$558	\$1,032	\$1,506

RETIREEES NOT ELIGIBLE FOR MEDICARE

Key Advantage Expanded	\$1,694	\$3,134	\$4,574
* Key Advantage 250	\$1,540	\$2,850	\$4,158
* Key Advantage 500	\$1,414	\$2,616	\$3,818
Key Advantage 1000	\$1,340	\$2,480	\$3,618
* High Deductible Health Plan	\$1,116	\$2,064	\$3,012

With Preventive Dental Only

<u>ACTIVE EMPLOYEES</u>			
Key Advantage Expanded	\$830	\$1,536	\$2,241
* Key Advantage 250	\$753	\$1,393	\$2,033
* Key Advantage 500	\$690	\$1,277	\$1,863
Key Advantage 1000	\$653	\$1,208	\$1,763
* High Deductible Health Plan	\$541	\$1,001	\$1,461

RETIREEES NOT ELIGIBLE FOR MEDICARE

Key Advantage Expanded	\$1,660	\$3,072	\$4,482
* Key Advantage 250	\$1,506	\$2,786	\$4,066
* Key Advantage 500	\$1,380	\$2,554	\$3,726
Key Advantage 1000	\$1,306	\$2,416	\$3,526
* High Deductible Health Plan	\$1,082	\$2,002	\$2,922

* **Benefit Plans Currently Offered**

Coverage under The Local Choice Key Advantage and HDHP contracts is for:

- Active Employees and their Dependents
- Retirees not eligible for Medicare and their Dependents not eligible for Medicare, and/or
- Dependents of Medicare eligible Retirees who are not Medicare eligible.

If coverage is offered to Medicare eligible retirees and their Medicare eligible Dependents, it must be obtained through one of our Medicare Supplemental contracts which require participation in both Parts A and B of Medicare to receive maximum benefits.

The PCORI fee is the responsibility of the group and payment should be submitted directly to HHS, therefore, this fee has not been included in your rates.

THE LOCAL CHOICE HEALTH CARE PROGRAM

Anthem Blue Cross and Blue Shield

Renewal Analysis For:
(Excludes Advantage 65 premiums and claims)

Carroll County
Group #T68030
for July 01, 2020 through June 30, 2021

I. Income at Current Rates (1)	\$2,188,524
II. Projected Medical Claims Related Charges (2)	
A. Paid Claims for 12/1/2018 through 11/30/2019	\$1,075,725
B. Claims in excess of the \$100,000 pooling limit	<u>(\$27,550)</u>
C. Subtotal	\$1,048,175
D. Change in Incurred But Not Reported Claims	\$10,482
E. Benefit Adjustment	\$0
F. Enrollment Adjustment	\$0
G. Trend	\$111,159
H. Impact of blending	<u>\$19,639</u>
I. Total Medical Projected Incurred claims	\$1,189,455
III. Projected Reinsurance Charges	\$220,525
IV. Projected Medical Administrative Charges, Network Access Fees, and Affordable Care Act(3)	\$93,375
V. Projected Dental Capitation	\$94,461
VI. Projected Drug Capitation	\$491,202
VII. TLC Contingency Reserve or Risk Fee(4)	<u>\$99,506</u>
VIII. Total Income Requirements (II. + III. + IV. + V. + VI. + VII.)	\$2,188,524
Percentage Adjustment	0.0%

¹ Illustrative income is based on current enrollment as follows:

	KA 250	KA 500	HDHP	TOTAL
Single	41	30	30	101
Dual	15	18	9	42
Family	<u>4</u>	<u>24</u>	<u>3</u>	<u>31</u>
TOTAL:	60	72	42	174

² There are 1 claims in excess of the \$100,000 pooling limit.
Medical trends used in the renewal development were 6.5% annual.
For a 19 month projection, this equates to 10.5%

³ Administrative charge as a percent of income requirements is 4.3%

⁴ Includes DHRM Program Administration and CommonHealth

Assumes all have Comprehensive Dental.



2020

Comparison Of Statewide Plans

Effective July 1, 2020 or October 1, 2020

The Local Choice 2020 Comparison of Statewide Plans

	Key Advantage Expanded			Key Advantage 250		
Plan Year Deductible (Key Advantage: Applies to Certain Medical Services as Indicated on Chart) (HDHP: Applies to Medical, Behavioral Health, and Prescription Drug Services)	In-Network: One Person \$100	Two People <i>See Family</i>	Family \$200	In-Network: One Person \$250	Two People <i>See Family</i>	Family \$500
	Out-of-Network: \$200	<i>See Family</i>	\$400	Out-of-Network: \$500	<i>See Family</i>	\$1,000
Plan Year Out-of-pocket Expense Limit	In-Network: One Person \$2,000	Two People <i>See Family</i>	Family \$4,000	In-Network: One Person \$3,000	Two People <i>See Family</i>	Family \$6,000
	Out-of-Network: \$3,000	<i>See Family</i>	\$6,000	Out-of-Network: \$5,000	<i>See Family</i>	\$10,000
Out-of-Network Benefits	Yes. Once you meet the out-of-network deductible, you pay 30% coinsurance for medical and behavioral health services. Copayments do not apply to medical and behavioral health services. Copayments and coinsurance for routine vision, outpatient prescription drugs and dental services will still apply.			Yes. Once you meet the out-of-network deductible, you pay 30% coinsurance for medical and behavioral health services. Copayments do not apply to medical and behavioral health services. Copayments and coinsurance for routine vision, outpatient prescription drugs and dental services will still apply.		
Medical Care When Traveling (BlueCard)	Included			Included		
Lifetime maximum	Unlimited			Unlimited		
Covered Services	In-Network You Pay			In-Network You Pay		
Ambulance Travel	20% coinsurance after deductible			20% coinsurance after deductible		
Autism Spectrum Disorder	Copayment/coinsurance determined by service received			Copayment/coinsurance determined by service received		
Behavioral Health and EAP <i>Inpatient treatment</i>						
• Facility Services	\$300 copayment per stay			\$400 copayment per stay		
• Professional Provider Services	\$0			\$0		
<i>Outpatient Professional Provider Visits</i>	\$15 copayment			\$20 copayment		
Employee Assistance Program (EAP) 4 visits per issue (per plan year)	\$0			\$0		
Dental Care						
Preventive Dental Option (<i>diagnostic and preventive services only for lower premium</i>)	\$0			\$0		
Comprehensive Dental Option (<i>for higher premium</i>)	<i>One Person</i>	<i>Two People</i>	<i>Family</i>	<i>One Person</i>	<i>Two People</i>	<i>Family</i>
Dental Plan Year Deductible	\$25	\$50	\$75	\$25	\$50	\$75
Plan Year Maximum (Except Orthodontics)	\$1,500			\$1,500		
• Preventive Dental Care	\$0			\$0		
• Primary Dental Care	20% coinsurance after dental deductible			20% coinsurance after dental deductible		
• Major Dental Care	50% coinsurance after dental deductible			50% coinsurance after dental deductible		
• Orthodontic Services (Includes Adult Ortho)	50% coinsurance, no dental deductible, with \$1,500 lifetime maximum			50% coinsurance, no dental deductible, with \$1,500 lifetime maximum		

Key Advantage 500

Key Advantage 1000

High Deductible Health Plan

In-Network:
One Person \$500
Two People See Family
Family \$1,000
Out-of-Network:
One Person \$1,000
Two People See Family
Family \$2,000

In-Network:
One Person \$1,000
Two People See Family
Family \$2,000
Out-of-Network:
One Person \$2,000
Two People See Family
Family \$4,000

One Person \$2,800
Two People See Family
Family \$5,600
Deductible is combined for In-Network and Out-of-Network services.

In-Network:
One Person \$4,000
Two People See Family
Family \$8,000
Out-of-Network:
One Person \$7,000
Two People See Family
Family \$14,000

In-Network:
One Person \$5,000
Two People See Family
Family \$10,000
Out-of-Network:
One Person \$9,000
Two People See Family
Family \$18,000

In-Network:
One Person \$5,000
Two People See Family
Family \$10,000
Out-of-Network:
One Person \$10,000
Two People See Family
Family \$20,000

Yes. Once you meet the out-of-network deductible, you pay 30% coinsurance for medical and behavioral health services. Copayments do not apply to medical and behavioral health services. Copayments and coinsurance for routine vision, outpatient prescription drugs and dental services will still apply.

Yes. Once you meet the out-of-network deductible, you pay 30% coinsurance for medical and behavioral health services. Copayments do not apply to medical and behavioral health services. Copayments and coinsurance for routine vision, outpatient prescription drugs and dental services will still apply.

Yes. Once you meet the combined deductible you pay 40% coinsurance for medical, behavioral health and prescription drug services from Out-of-Network providers.

Included

Included

Included

Unlimited

Unlimited

Unlimited

In-Network You Pay

In-Network You Pay

In-Network You Pay

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

Copayment/coinsurance determined by service received

Copayment/coinsurance determined by service received

20% coinsurance after deductible

20% coinsurance after deductible
\$0

20% coinsurance after deductible
\$0

20% coinsurance after deductible
20% coinsurance after deductible

\$25 copayment

\$25 copayment

20% coinsurance after deductible

\$0

\$0

\$0

\$0

\$0

\$0

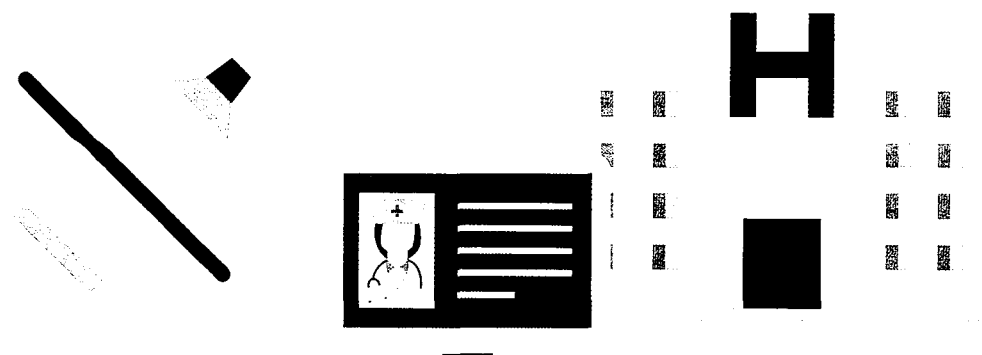
One Person \$25
Two People \$50
Family \$75
One Person \$1,500
Two People \$50
Family \$75
One Person \$0
Two People \$50
Family \$75
20% coinsurance after dental deductible
50% coinsurance after dental deductible
50% coinsurance, no dental deductible, with \$1,500 lifetime maximum

One Person \$25
Two People \$50
Family \$75
One Person \$1,500
Two People \$50
Family \$75
One Person \$0
Two People \$50
Family \$75
20% coinsurance after dental deductible
50% coinsurance after dental deductible
50% coinsurance, no dental deductible, with \$1,500 lifetime maximum

One Person \$25
Two People \$50
Family \$75
One Person \$1,500
Two People \$50
Family \$75
One Person \$0
Two People \$50
Family \$75
20% coinsurance after dental deductible
50% coinsurance after dental deductible
50% coinsurance, no dental deductible, with \$1,500 lifetime maximum

The Local Choice 2023 Comparison of Statewide Plans (continued)

Covered Services	Key Advantage Expanded In-Network You Pay	Key Advantage 250 In-Network You Pay
Diabetic Education	\$0	\$0
Diabetic Equipment	20% coinsurance after deductible	20% coinsurance after deductible
Diabetic Supplies - See Outpatient Prescription Drugs		
Diagnostic Tests and X-rays (for specific conditions or diseases at a doctor's office, emergency room or outpatient hospital department)	20% coinsurance, no deductible	20% coinsurance after deductible
Doctor Visits - on an Outpatient Basis		
Primary Care Physicians	\$15 copayment	\$20 copayment
Specialty Care Providers	\$25 copayment	\$35 copayment
Early Intervention Services	Copayment/coinsurance determined by service received	Copayment/coinsurance determined by service received
Emergency Room Visits Facility Services	\$250 copayment per visit (waived if admitted to hospital)	\$350 copayment per visit (waived if admitted to hospital)
Professional Provider Services		
- Primary Care Physicians	\$15 copayment	\$20 copayment
- Specialty Care Providers	\$25 copayment	\$35 copayment
Diagnostic Tests and X-rays	20% coinsurance, no deductible	20% coinsurance after deductible
Home Health Services (90 visit plan year limit per member)	\$0	\$0
Home Private Duty Nurse's Services	20% coinsurance after deductible	20% coinsurance after deductible
Hospice Care Services	\$0	\$0
Hospital Services		
Inpatient Treatment		
• Facility Services	\$300 copayment per stay	\$400 copayment per stay
• Professional Provider Services		
- Primary Care Physicians	\$0	\$0
- Specialty Care Providers	\$0	\$0
Outpatient Treatment		
• Facility Services	\$100 copayment	\$150 copayment
• Professional Provider Services		
- Primary Care Physicians	\$15 copayment	\$20 copayment
- Specialty Care Providers	\$25 copayment	\$35 copayment
Diagnostic Tests and X-Rays	20% coinsurance, no deductible	20% coinsurance after deductible
LiveHealth Online (Online doctor's visits)	\$0	\$0



Key Advantage 500
In-Network You Pay

\$0

20% coinsurance after deductible

20% coinsurance after deductible

\$25 copayment
\$40 copayment

Copayment/coinsurance determined by
service received

20% coinsurance after deductible

\$25 copayment
\$40 copayment
20% coinsurance after deductible

\$0

20% coinsurance after deductible

\$0

20% coinsurance after deductible

\$0
\$0

20% coinsurance after deductible

\$25 copayment
\$40 copayment
20% coinsurance after deductible

\$0

Key Advantage 1000
In-Network You Pay

\$0

20% coinsurance after deductible

20% coinsurance after deductible

\$25 copayment
\$40 copayment

Copayment/coinsurance determined by
service received

20% coinsurance after deductible

\$25 copayment
\$40 copayment
20% coinsurance after deductible

\$0

20% coinsurance after deductible

\$0

20% coinsurance after deductible

\$0
\$0

20% coinsurance after deductible

\$25 copayment
\$40 copayment
20% coinsurance after deductible

\$0

High Deductible Health Plan
In-Network You Pay

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible
20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible
20% coinsurance after deductible
20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

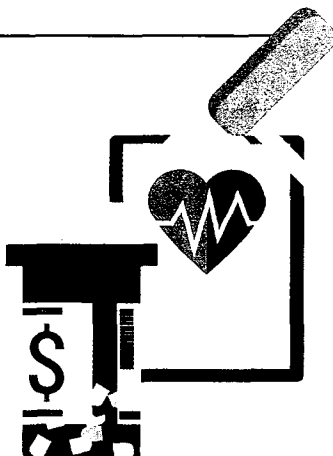
20% coinsurance after deductible

20% coinsurance after deductible
20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible
20% coinsurance after deductible
20% coinsurance after deductible

Determined by services received

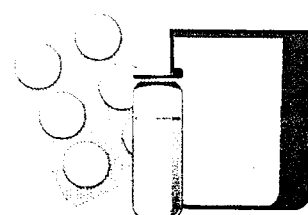


The Local Choice 2020 Comparison of Statewide Plans (continued)

Covered Services	Key Advantage Expanded In-Network You Pay	Key Advantage 250 In-Network You Pay
Maternity Professional Provider Services (Prenatal & Postnatal Care) - Primary Care Physicians - Specialty Care Providers	\$15 copayment \$25 copayment If your doctor submits one bill for delivery, prenatal and postnatal care services, there is no copayment required for physician care. If your doctor bills for these services separately, your payment responsibility will be determined by the services received.	\$20 copayment \$35 copayment
Delivery - Primary Care Physicians - Specialty Care Providers	\$0 \$0	\$0 \$0
Hospital Services for Delivery (Delivery Room, Anesthesia, Routine Nursing Care for Newborn)	\$300 copayment per stay*	\$400 copayment per stay*
Outpatient Diagnostic Tests	20% coinsurance, no deductible	20% coinsurance after deductible
Medical Equipment, Appliances, Formulas, Prosthetics and Supplies	20% coinsurance after deductible	20% coinsurance after deductible
Outpatient Prescription Drugs - Mandatory Generic Retail up to 34-day supply* *You may purchase up to a 90-day supply at a retail pharmacy by paying multiple copayments, or the coinsurance after the deductible	Tier 1 - \$10 copayment Tier 2 - \$30 copayment Tier 3 - \$45 copayment Tier 4 - \$55 copayment	Tier 1 - \$10 copayment Tier 2 - \$30 copayment Tier 3 - \$45 copayment Tier 4 - \$55 copayment
Home Delivery Services (Mail Order) Covered Drugs for up to a 90-Day Supply	Tier 1 - \$20 copayment Tier 2 - \$60 copayment Tier 3 - \$90 copayment Tier 4 - \$110 copayment	Tier 1 - \$20 copayment Tier 2 - \$60 copayment Tier 3 - \$90 copayment Tier 4 - \$110 copayment
Diabetic Supplies	20% coinsurance, no deductible	20% coinsurance, no deductible
Routine vision - Blue View Vision Network (Once Every Plan Year) Routine Eye Exam Eyeglass Lenses Eyeglass Frames Contact Lenses (In Lieu of Eyeglass Lenses) <ul style="list-style-type: none"> • Elective • Non-Elective Upgrade Eyeglass Lenses (Available for Additional Cost) <ul style="list-style-type: none"> • UV Coating, Tints, Standard Scratch-Resistant • Standard Polycarbonate • Standard Progressive • Standard Anti-Reflective • Other Add-Ons 	\$25 copayment \$20 copayment Up to \$100 retail allowance** Up to \$100 retail allowance Up to \$250 retail allowance \$15 \$40 \$65 \$45 20% off retail	\$35 copayment \$20 copayment Up to \$100 retail allowance** Up to \$100 retail allowance Up to \$250 retail allowance \$15 \$40 \$65 \$45 20% off retail
Shots - Allergy & Therapeutic Injections (At Doctor's Office, Emergency Room or Outpatient Hospital Department)	20% coinsurance, no deductible	20% coinsurance after deductible

*This plan will waive the hospital copayment if the member enrolls in the maternity management pre-natal program within the first 16 weeks of pregnancy, has a dental cleaning during pregnancy and satisfactorily completes the program.

**You may select a frame greater than the covered allowance and receive a 20% discount for any additional cost over the allowance.



Key Advantage 500
In-Network You Pay

Key Advantage 2000
In-Network You Pay

High Deductible Health Plan
In-Network You Pay

\$25 copayment
\$40 copayment
If your doctor submits one bill for delivery, prenatal and postnatal care services, there is no copayment required for physician care. If your doctor bills for these services separately, your payment responsibility will be determined by the services received.

20% coinsurance after deductible
20% coinsurance after deductible

\$0
\$0
20% coinsurance after deductible

\$0
\$0
20% coinsurance after deductible

20% coinsurance after deductible
20% coinsurance after deductible
20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

Tier 1 - \$10 copayment
Tier 2 - \$30 copayment
Tier 3 - \$45 copayment
Tier 4 - \$55 copayment

Tier 1 - \$10 copayment
Tier 2 - \$30 copayment
Tier 3 - \$45 copayment
Tier 4 - \$55 copayment

20% coinsurance after deductible

Tier 1 - \$20 copayment
Tier 2 - \$60 copayment
Tier 3 - \$90 copayment
Tier 4 - \$110 copayment

Tier 1 - \$20 copayment
Tier 2 - \$60 copayment
Tier 3 - \$90 copayment
Tier 4 - \$110 copayment

20% coinsurance after deductible

20% coinsurance, no deductible

20% coinsurance, no deductible

20% coinsurance after deductible

\$40 copayment
\$20 copayment
Up to \$100 retail allowance**

\$40 copayment
\$20 copayment
Up to \$100 retail allowance**

\$15 copayment
\$20 copayment
Up to \$100 retail allowance**

Up to \$100 retail allowance
Up to \$250 retail allowance

Up to \$100 retail allowance
Up to \$250 retail allowance

Up to \$100 retail allowance
Up to \$250 retail allowance

\$15
\$40
\$65
\$45
20% off retail

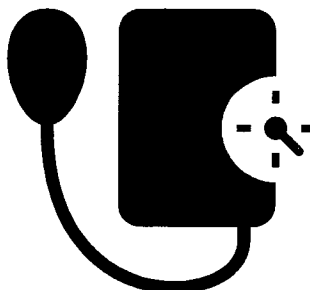
\$15
\$40
\$65
\$45
20% off retail

\$15
\$40
\$65
\$45
20% off retail

20% coinsurance after deductible

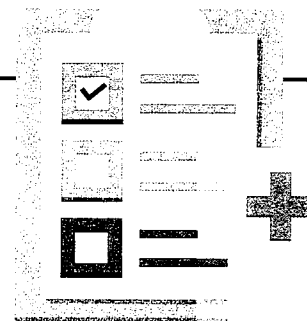
20% coinsurance after deductible

20% coinsurance after deductible



The Local Choice 2020 Comparison of Statewide Plans (continued)

Covered Services	Key Advantage Expanded In-Network You Pay	Key Advantage 250 In-Network You Pay
Skilled Nursing Facility Stays (180-Day Per Stay Limit Per Member)		
<i>Facility Services</i>	\$0	\$0
<i>Professional Provider Services</i>	\$0	\$0
Spinal Manipulations and Other Manual Medical Interventions (30 Visits Per Plan Year Limit Per Member)		
<i>Primary Care Physicians</i>	\$15 copayment	\$20 copayment
<i>Specialty Care Providers</i>	\$25 copayment	\$35 copayment
Surgery – See Hospital Services		
Therapy Services <i>Infusion Services, Cardiac Rehabilitation Therapy, Chemotherapy, Radiation Therapy, Respiratory Therapy, Occupational Therapy, Physical Therapy, and Speech Therapy</i>		
<i>Facility Services</i>	20% coinsurance after deductible	20% coinsurance after deductible
<i>Professional Provider Services</i>		
– Primary Care Physicians	20% coinsurance after deductible	20% coinsurance after deductible
– Specialty Care Providers	20% coinsurance after deductible	20% coinsurance after deductible
Wellness services <i>Well Child (Office Visits at Specified Intervals Through Age 6)</i>		
– Primary Care Physicians;	No copayment, coinsurance, or deductible	No copayment, coinsurance, or deductible
– Specialty Care Providers;		
– Immunizations and Screening Tests		
<i>Routine Wellness – Age 7 & Older</i>		
• Annual Check-Up Visit (One Per Plan Year)	No copayment, coinsurance, or deductible	No copayment, coinsurance, or deductible
– Primary Care Physicians		
– Specialty Care Providers		
– Immunizations, Lab and X-Ray Services		
• Routine Screenings, Immunizations, Lab and X-Ray Services (Outside of Annual Check-Up Visit)	No copayment, coinsurance, or deductible	No copayment, coinsurance, or deductible
<i>Preventive Care (One of Each Per Plan Year)</i>	No copayment, coinsurance, or deductible	No copayment, coinsurance, or deductible
• Gynecological Exam		
• Pap Test		
• Mammography Screening		
• Prostate Exam (Digital Rectal Exam)		
• Prostate Specific Antigen Test		
• Colorectal Cancer Screenings		



Key Advantage 500
In-Network You Pay

Key Advantage 1000
In-Network You Pay

High Deductible Health Plan
In-Network You Pay

\$0

\$0

20% coinsurance after deductible

\$0

\$0

20% coinsurance after deductible

\$25 copayment
\$40 copayment

\$25 copayment
\$40 copayment

20% coinsurance after deductible
20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible

20% coinsurance after deductible
20% coinsurance after deductible

20% coinsurance after deductible
20% coinsurance after deductible

20% coinsurance after deductible
20% coinsurance after deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

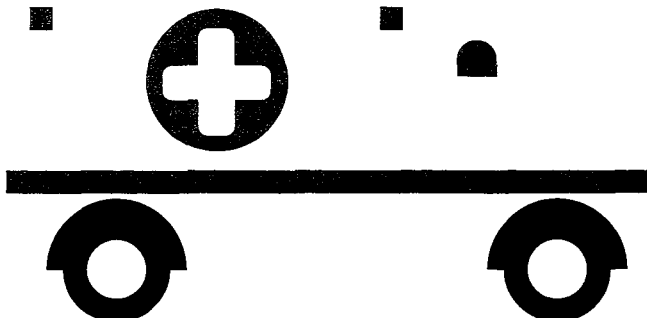
No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible

No copayment, coinsurance, or deductible





Health & Wellness Programs

Be your healthy best! The TLC plans include access to a host of health and wellness programs to help you manage your health issues.

- o **Sydney:** The **Sydney mobile app** acts like a personal health guide, answering your questions and connecting you to the right resources at the right time. And you can use the chatbot to get answers quickly. Download from the App Store (iOS) or Google Play (Android).

- Find care and check costs
- View and use digital ID cards
- Check all benefits and view claims

- o **ConditionCare:** Take advantage of free and confidential support to manage these conditions:

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

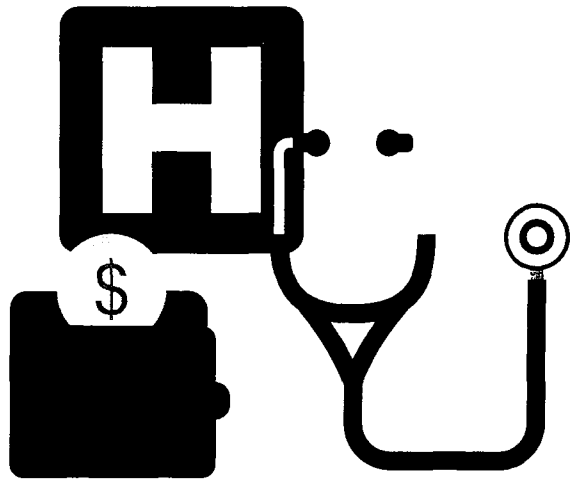
- o **Future Moms:** Enroll and receive pre- and post-natal support. Access a nurse coach and other maternity support specially designed to help women have healthy pregnancies and healthy babies.

- o **MyHealth Advantage:** Receive personalized health-related suggestions, tips, and reminders via mail or email to alert you of potential health risks, care gaps or cost-saving opportunities.

- o **Staying Healthy Reminders:** Receive yearly reminders of important checkups, tests, screenings, immunizations, and other preventive care needs for you and your family.

- o **24/7 NurseLine & Audio Health Tape Library:**

Sometimes you need health questions answered right away – even in the middle of the night. Call 24/7 NurseLine (800-337-4770) 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.



See more information on Health & Wellness programs at www.anthem.com/tlc.