

ADVANTAGE ANYWHERE PPO

WELCOME! We're glad you are with us. Here's a quick look at your benefits to help you take advantage of the programs and services available through your health plan from Anthem Blue Cross (Anthem).

Explore Benefits

Western Health Advantage (WHA) offers Advantage Anywhere PPO plans from Anthem:

- Access to a broad network of doctors and hospitals
- Coverage for preventive care, including regular checkups, screenings, and required vaccines
- A prescription drug plan with convenient home delivery
- Access to urgent and emergency care wherever and whenever you need it
- Stay healthy with wellness tools and resources to help you reach your healthy lifestyle goals

Find a Doctor

Advantage Anywhere PPO offers access to one of Anthem's largest networks—National PPO (BlueCard PPO). Search their provider directory at [anthem.com/ca/find-care](https://www.anthem.com/ca/find-care).

Use Anthem's Find Care tool to locate doctors, hospitals, labs, and other health care providers available in your plan. If you decide to see a doctor outside your plan, your costs will be higher and your care may not be covered. Use this easy-to-learn convenient tool to help you find care.

This tool lets members search by provider details, such as area of specialty, gender, languages spoken, map to office location and phone number, among other ways to filter to narrow down your search.

Use Anthem's Sydney Health Mobile App for access to your personal health plan information. Download the Sydney Health app from the App Store® or Google Play™. You can also visit [anthem.com/ca](https://www.anthem.com/ca) and sign up for your account. Once logged in, you can view your benefits immediately.

Just a few of the things you can access:

- Find a doctor, and view ratings for doctors and hospitals
- Check your claims and medical benefits
- Compare costs of care and medications
- View your ID card at doctor's office or pharmacy

Get Your Prescriptions

When you have prescriptions, you will fill those at one of the pharmacies in the Anthem's National PPO network. The network includes over 60,000 retail pharmacies, as well as a home delivery program. When you register through the Anthem's Sydney Health mobile app, you will also be able to get information about a medication, refill your prescription online or over the phone, as well as check the price of a medication at different pharmacies.

Retail 90 can save you money on prescriptions when you use pharmacies in the plan's network. In addition, your plan gives you 90-day option for the convenience of getting medicine with fewer trips to the pharmacy, or even having it delivered to your home. This helps you stay on track with your treatment and help avoid emergency room visits, hospital stays, or added tests if you miss a dose.

To get a 90-day supply of your medication, choose a Retail 90 pharmacy for your covered prescription drug, such as maintenance medications, which treats chronic conditions like asthma, heartburn or diabetes. Just log in to [anthem.com/ca](https://www.anthem.com/ca) to see which drugs are covered. Most pharmacies in the National PPO (Blue Card PPO) network participate in Retail 90. Included in the program are drugstores and big-box stores such as CVS, Target, Walgreens and Walmart.

see reverse for more



For more information about your **WHA ADVANTAGE ANYWHERE PPO** plan, contact your benefits department or an Anthem Health Guide at **1.844.783.0927**.



Get Assistance

With Advantage Anywhere PPO, Anthem members get access to an Anthem Health Guide member services.

Simply call **1.844.783.0927**, for your personal guide to answer questions and walk through your health care needs so you can more confidently:

- Find the right benefits for your needs
- Stay on top of appointments
- Save money on prescriptions
- Compare costs for health care services

Anthem's MyHealth Advantage connects your claims, doctor reports, health history and other information in one place, giving you a big picture view of your health care.

Be proactive with reminders to improve your health or save money, through a MyHealth Note, which includes:

- **Money-saving tips**, like recommending you switch from a brand-name medicine to a lower-cost generic
- **Prescription drug reminders** to let you know when it's time to refill
- **Timely reminders** for scheduling doctor visits for preventive checkups, exams and screenings
- **Quick access** to recent claims and prescriptions, easily available to review with your doctors
- **General health tips**, such as give you possible warning signs, with support for how to take charge of your health

MyHealth Notes are mailed to you or available on your iPhone or Android device by downloading the app where your personalized health messages are sent via a Secure Message Center.

Wellness Services and Programs

24/7 NurseLine is a helpful resource when the unexpected happens and you need someone knowledgeable to give you advice for any health condition. Registered nurses can help you analyze a cause of your baby's fever, and if necessary, make recommendation for treatment or further care. It also gives you relief from more common health conditions that flare up, such as allergy relief tips. The 24/7 NurseLine can also connect you to Anthem's other health and wellness programs, including:

- Help finding specialists in your area
- Give you referrals to LiveHealth Online, a telehealth tool that allows you to have live video chats with board-certified doctors using a smartphone, tablet or laptop
- Enroll you and your dependents in health management programs for certain health conditions
- Provide guidance during a natural disaster or health outbreaks
- Offer links to health-related educational videos or audio topics

Case Management nurses support your care and treatment when you have a hospital stay or long-term health problem. They can assist with information about your treatment options, review your health plan to help you save money, and connect you to local resources you may need. They may also coordinate your various doctor visits helping ensure your health care team is working toward the same goal.

Future Moms program is available for sign-up as soon as you know you're pregnant. It can help you make good choices, follow your health care provider's plan of care, and address questions you may have to help support you through the safe delivery and a healthy child. When you enroll, you get:

- A toll-free number to reach a nurse coach 24/7 with questions about your pregnancy
- The Mayo Clinic Guide to a Healthy Pregnancy book that shows changes you can expect for you and your baby during the next nine months
- Help coordinating phone calls with pharmacists, nutritionists and other specialists, if needed.
- A screening to check your health risk for depression or early delivery
- Other helpful information and useful tools to keep track of your pregnancy, and on labor and delivery, including options and how to prepare accordingly.

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