



## Take care of your body like you take care of your car – preventive care is like routine maintenance for your body

Your body is your vehicle through life. Take care of it by prioritizing regular check-ups, addressing issues promptly, and making lifestyle choices that promote overall health and well-being. Just as you wouldn't ignore your car's warning lights, you shouldn't ignore your body's signals of discomfort or pain. We've partnered with Anthem Blue Cross and Blue Shield to give you benefits to help you maintain your physical and mental health, so you can prevent minor issues from escalating into serious problems.

### Regular Check-ups

- **Annual physicals** – just like you would take your car for a yearly tune-up, schedule your own regular check-up with your primary care physician (PCP) to assess your overall health.
- **Bloodwork and screenings** – discuss with your doctor which blood tests and screenings are appropriate for you based on age, risk factors, and other personal health history.
- **Preventive care** – there's no cost for preventive care so be sure to follow your doctor's recommendations for vaccinations and other preventive measures<sup>1</sup>.
- **Medications** – taking prescribed medications as directed is crucial for maintaining health and helping prevent complications. Medications can help control chronic conditions, prevent infections from returning, and support overall health and well-being.

### Addressing Issues

- **Listen to your body** – pay attention to any discomfort or pain and seek professional help if you aren't feeling well or your pain persists.
- **Don't delay treatment** – you wouldn't ignore your car's check engine light, and you shouldn't delay medical treatment when you have a concern.
- **Mental health is part of your overall health** – nearly 1 in 4 U.S. adults live with a mental health condition<sup>2</sup>. Don't hesitate to reach out for help if you need it.
- **Use your Anthem member resources** – navigating your health is easier with the right resources to answer your questions. Visit [anthem.com](https://www.anthem.com) or use the [Sydney™ Health](#) mobile app to access articles and learn more about your benefits.



## Lifestyle Choices

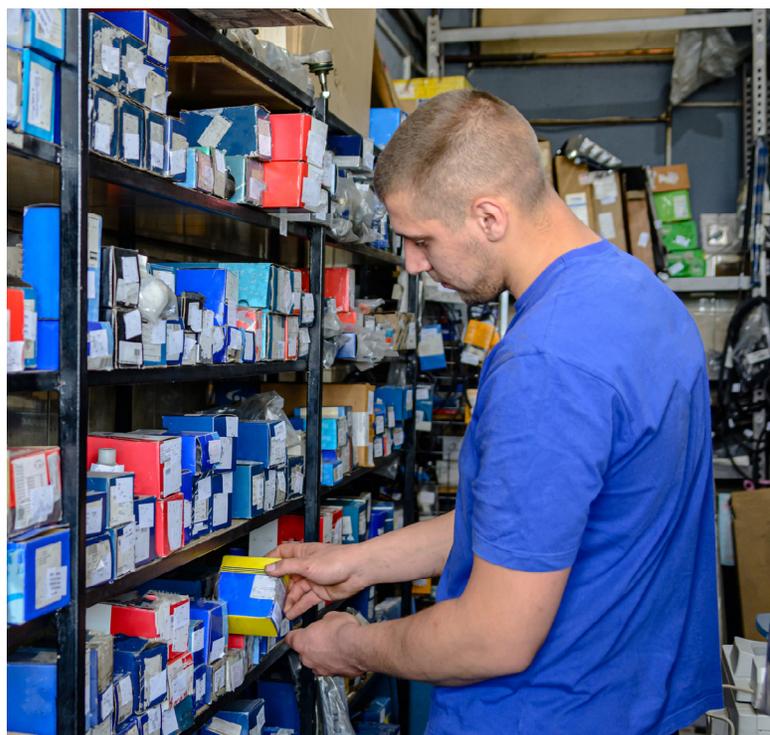
- **Healthy diet** – you fuel your car with quality gasoline, and you should fuel your body with a balanced diet rich in fruits, vegetables, and lean protein to keep it nourished.
- **Regular exercise** – physical activity is essential for maintaining a healthy weight, improving cardiovascular health, and boosting your energy levels.
- **Sleep** – every body needs adequate sleep to repair and rejuvenate – don't sleep on getting those zzzz's.
- **Limit alcohol and avoid drugs** – alcohol consumption and drug use can have detrimental effects on your health.
- **Manage stress** – practice stress-reducing activities like meditation, yoga, or deep breathing and help limit the impact of chronic stress on your physical and mental well-being.

## Make the most of your pharmacy benefits:

Check out [Anthem's Base Pharmacy Network](#) to see which retail pharmacies are available in Ohio. If you have long-term maintenance medications, you must fill your prescriptions through mail order or an RxM90 pharmacy (Kroger, Walmart, or CVS).

## Finding high-quality, low-cost health care options:

When you're shopping for new tires, you're likely seeking the best deal. You can apply the same approach to your health care. Visit this [Anthem webpage](#) to learn more about care options and costs so you can make informed choices.



If you'd like more help understanding your preventive care benefits, call the Member Services number on your health plan ID card. For a complete list of covered preventive drugs under the Affordable Care Act, view the Preventive ACA Drug List flyer, available at [anthem.com/pharmacyinformation](http://anthem.com/pharmacyinformation).

1. Your health plans offer preventive care services and immunizations at no cost to you. See your specific plan information for more details and confirm your provider is in your plan's network.  
2. [https://www.cdc.gov/mental-health/about/?CDC\\_AAref\\_Val=https://www.cdc.gov/mentalhealth/learn/index.htm](https://www.cdc.gov/mental-health/about/?CDC_AAref_Val=https://www.cdc.gov/mentalhealth/learn/index.htm)