

Benefits to Support Your Life

Invest In Your Health

Your health plan offers more than coverage for medical visits and prescription drugs.



Prediabetes & Diabetes

Free* programs to help you manage prediabetes and risk factors associated with diabetes, including Community Diabetes Prevention Programs, LiveHealth Online, Lark, and 9amHealth Diabetes Management Program.



Stress & Life Challenges

Support for challenging relationships, job struggles, family conflict, or another difficult situation. If you need help coping with life's challenges, help is available, like the Employee Assistance Program (EAP) at no cost to you.



Advantages of a Second Opinion

Anthem's partnership with Cleveland Clinic allows you to get a free and quick second opinion. Receiving a medical diagnosis and making treatment decisions can be a lot to take in. Sometimes, you may want to get a second opinion.



Go-To Source for Orthopedic Care

OrthoIndy is the State's preferred orthopedic provider based on both high quality and cost. Give them a call for your orthopedic needs like back pain, a broken bone, or ACL tear?



Kick the Tobacco Habit

Nicotine is addictive, and that makes kicking the tobacco habit hard. Coaching programs, Nicotine Replacement Therapy, and other resources are available to help.



Amp Up Your Fitness Routine

Regular physical activity and movement are just what the doctor ordered to stay healthy and prevent disease. Starting and staying with a fitness routine, however, can be challenging. Resources are available to help.

Let us help you Invest In Your Health!

- Preventive care
- Mental health resources
- Healthy lifestyle support
- Wellness rewards



on.in.gov/wellness

*9amHealth coaching and diabetic supplies are at no cost to you. Video visits with physicians, lab tests and medications are billed to insurance and may have out-of-pocket costs.