



# ConditionCare: Musculoskeletal

## Control bone, joint and muscle pain

Did you know that almost one in two people in the U.S. has trouble moving due to body aches, pains and injuries?<sup>1</sup> For many people, joints and the tissues that connect them (musculoskeletal system) have grown stressed. That can happen in many ways – playing sports, exercise, car accidents, illness, even an unhealthy diet.

Healthy bones and joints are important for everyone. But most people don't think about them until something goes wrong.<sup>2</sup>

But there's good news. If you or a covered family member has this kind of pain, you can join the **ConditionCare** program. Just call us toll free at **800-621-2232**. When you join, you'll get:

- Counseling and coaching on eating healthy.
- An exercise plan for your exact goals.
- Round-the-clock phone access to a nurse coach for support and information.

ConditionCare is part of your health plan. It doesn't cost you or your covered family members anything to use.

We may call to find out if ConditionCare can help you and ask you to sign up. For your protection, we'll verify your address or date of birth before talking about your health.

### Get started today

To learn more or to join ConditionCare,  
call us toll-free at 800-621-2232  
or visit [anthem.com/ca/EIAHealth](http://anthem.com/ca/EIAHealth)



Sources:  
1 U.S. Bone & Joint Decade, [usbjd.org](http://usbjd.org), Retrieved November 2011.  
2 National Institutes of Health, [nlm.nih.gov](http://nlm.nih.gov), August 2011.

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