



ComplexCare: *Support when you need it the most*

Coping with a health problem that needs extra care can be stressful. If you have many complex health issues, it can be confusing and scary.

Fortunately, our nurses in the **ComplexCare program** are experts in helping you deal with your condition — or conditions. They can work closely with you and your doctors to create a customized plan. Our goal is to help you improve your health and your quality of life.

If you qualify for the ComplexCare program, one of our nurses may call you.

As a ComplexCare member you will get:

- Personal attention to help you set — and achieve — healthy lifestyle goals.
- Answers to questions about your treatments.
- New ideas to help you care for yourself and stick with your doctor's advice.
- Referrals to other 360° Health® programs that may help you.
- Help coordinating care between your doctors and other providers.

Our nurses are backed by a team of specialists in pharmacy, nutrition and other areas. ComplexCare nurses will have the latest data on your treatment options.

It's comforting to know that ComplexCare is here when you need it most and at no additional cost.

What ComplexCare members say:

- 87% would recommend the program.*
- Over two-thirds learned more about their health and improved their diet.*



*Source: 2010 Membership Satisfaction Studies

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