



## Have more questions about the House Call program?

Call the Member Services number on the back of your plan ID card.



**Being heard without being hurried.  
That's good healthcare.**

Learn about an in-home clinician visit with the House Call Program.

1 House Call clinicians do not prescribe medication. The visiting clinician will review your medications with you and may make recommendations for you to talk about with your primary care doctor.

2 To help ensure your information is shared with your current healthcare providers, we will confirm and update their contact information during the in-home visit.

The information in this document is meant to educate. It is not meant to serve as medical advice. Please check with your doctor for any advice about your health.

Translation services are available. Please call Anthem's Member Services team at the number on the back of your plan ID card.

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# Had more to say at your last doctor visit? Tell us.

When you know more about your health needs, your doctors can, too. This is exactly what a House Call visit can do for you. A House Call clinician dedicates time to listen to your concerns and needs and to answer your questions. And they come to your home **at no additional cost.**

## How does the House Call service work?



### It starts with a visit.

In addition to listening and providing answers, a licensed clinician, contracted by Anthem, will come to your home to fill out a health survey, perform basic screenings, and go over your prescriptions and survey results with you.<sup>1</sup> After your House Call visit, we'll share any results with you and your doctor.<sup>2</sup>

This yearly visit doesn't replace other care services, but helps support the care you receive from your doctors. It helps you stay on top of your health in between doctor appointments.



### How long does the visit take?

It takes about an hour. During this time, your clinician will go over the program with you and fill out the survey.

**Stay on top of your health between doctor appointments with a House Call.**



### What screenings are done?

- The clinician who visits you will record:
- Your height, weight, and body mass index (BMI).
  - Your blood pressure and other vital signs.
  - Your responses to a health assessment survey.

Based on your health needs, the clinician may also recommend:

- A colorectal cancer screening, which checks for hidden blood in the stool. (This is an early sign of colon cancer.)
- A diabetes hemoglobin A1C test, which measures your average blood sugar levels over the past 2-3 months. This can help manage diabetes.
- A diabetes retinal eye screening, which checks the health of your eyes. It screens for damage that could lead to vision loss.
- A mammogram, which X-rays the breasts for early signs of breast cancer.



### Who can be with me during a visit?

You're welcome to have a family member or friend join you for your visit.



### It's completely optional.

Whether you choose to have a House Call visit or not, your benefits or premium won't be affected. And please know, all information you share with us is kept private.



### It's available at no additional cost to you.

This is just one of the ways we are working toward our main goal of improving your health and quality of life. We believe it's worth taking the time to care for you and support you and your primary care doctor.



### What do I get with a House Call visit?

You'll get more time to talk with a medical professional about your healthcare needs, share any concerns, and ask questions. And all in the comfort of your home and at your own pace. The clinician may learn more about you and your health to share with you and your doctors.