



Get support, reach your health goals and earn your health plan premium discounts!

It's easy and convenient using LiveHealth Online.

Want to kick a nicotine habit? Now you can visit with a health coach using LiveHealth Online to get personalized support on the phone or through live video using your smartphone, tablet or computer with a webcam.

Get healthy and earn your premium discounts!

Below are some important information to help you get started. Sign up today to get personalized support to quit the use of nicotine!

- **Start/End Date:** You can participate throughout the year
- **Nicotine Surcharge:** Complete the tobacco free program and be tobacco-free for 6 months to receive the discounted rate of up to \$600 per year
- **Eligible Members:** Employee, Spouse, and Dependents 18 years or older on Anthem health plan
- **Other LiveHealth Online Care Options:** Medical, Behavioral Health and Future Moms

Questions? Call us at 1-888 LiveHealth.

Sign up for free
today to get
started!

To get started, go to:
livehealthonline.com/mtd

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