



Get Health Tips With Our Free DocTalk Webinars

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The more you know, the better you can take care of your health. That's why we offer DocTalk. It's a series of webinars about important health topics. DocTalk webinars are easy to access and free for all Anthem members.

DocTalk webinars are presented by our medical directors and other health care professionals who will share their knowledge and expertise with you. They'll provide helpful tips on how to improve your health and the health of your family. Each webinar is about an hour, and you can ask questions at the end. Webinars are scheduled around lunchtime so they're convenient to attend. Check out the 2018 topics on the back of this flier and mark your calendar.



Registration is limited. DocTalk webinars are free, so sign up today at webinars.on24.com/doctalk/register2018.

DocTalk webinars are for informational purposes only. They do not constitute medical advice, diagnosis or treatment and are not substitutes for treatment by your doctor.



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2018 DocTalk Topics



Tuesday, April 10 - Dr. Michael Eleff: Pre-diabetes and Diabetes: What You Need to Know

People with higher than normal blood glucose levels, but not yet in the diabetic range, have what's called "prediabetes." Insulin resistance and prediabetes usually have no symptoms and you could have either condition for several years without knowing. If you have prediabetes, you have a higher risk of developing type 2 diabetes. But the good news is you can stop prediabetes from progressing to diabetes. Join us to learn more about this common condition and how to prevent it from becoming full-blown diabetes.



Tuesday, June 12 - Dr. Tony Linares: Musculoskeletal Wellbeing and Treatment

Musculoskeletal conditions are the most common cause of severe physical disability and long-term pain. As you age, the bones in your body tend to shrink in size and density, total muscle mass decreases and you begin to lose strength, coordination and balance. Musculoskeletal conditions are disorders that include, low back pain, osteoarthritis, rheumatoid arthritis, osteoporosis, major limb trauma, occupational injuries and sports injuries. Join us for this informative DocTalk webinar on musculoskeletal well-being and treatment.



Tuesday, August 14 - Dr. Richard M. Lachiver: Diet, Nutrition and Weight Loss

Many of us resort to fast food as we rush to our next appointment. Yet eating right is one of the keys to a healthy life. Join us to learn some tips and guidelines for keeping your diet healthy and maintaining a healthy weight.



Tuesday, October 9 - Dr. Michael Eleff: Health Literacy – How to Communicate With Doctors and Manage Your Care

Health care is complicated and the health care system can be confusing. When you don't understand information, it can lead to anxiety about your health and health care decisions. This limited health literacy can harm your health — you may have difficulty handling an illness or taking your medicines properly. You're likely to have more hospital admissions, spend more on health care and experience worsening health over time. In this webinar, we'll discuss how to be an informed consumer when it comes to your health and health plan benefits.



Tuesday, December 11 - Sharon Boose: LiveHealth Online: Video Doctor Visits Make It Easy to Get the Care You Need

Using LiveHealth Online, you can have a live video visit with a board-certified doctor 24/7 on your smartphone, tablet or computer with a webcam. Doctors can provide medical advice, assess your condition and send prescriptions to the pharmacy you select if needed.* Learn more about this option when your doctor isn't available and how it's more convenient than a trip to urgent care.

*Prescription availability is defined by physician judgment.

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