

It's your call

You choose how you want to reach us —
we'll make sure you get answers

All you want is for someone to answer your questions, right? To make it easy to understand your plan. Or help you figure out the next steps in dealing with a health issue. We hear you. And we're here for you, too.

Empire Health Guide: supporting you with answers and guidance

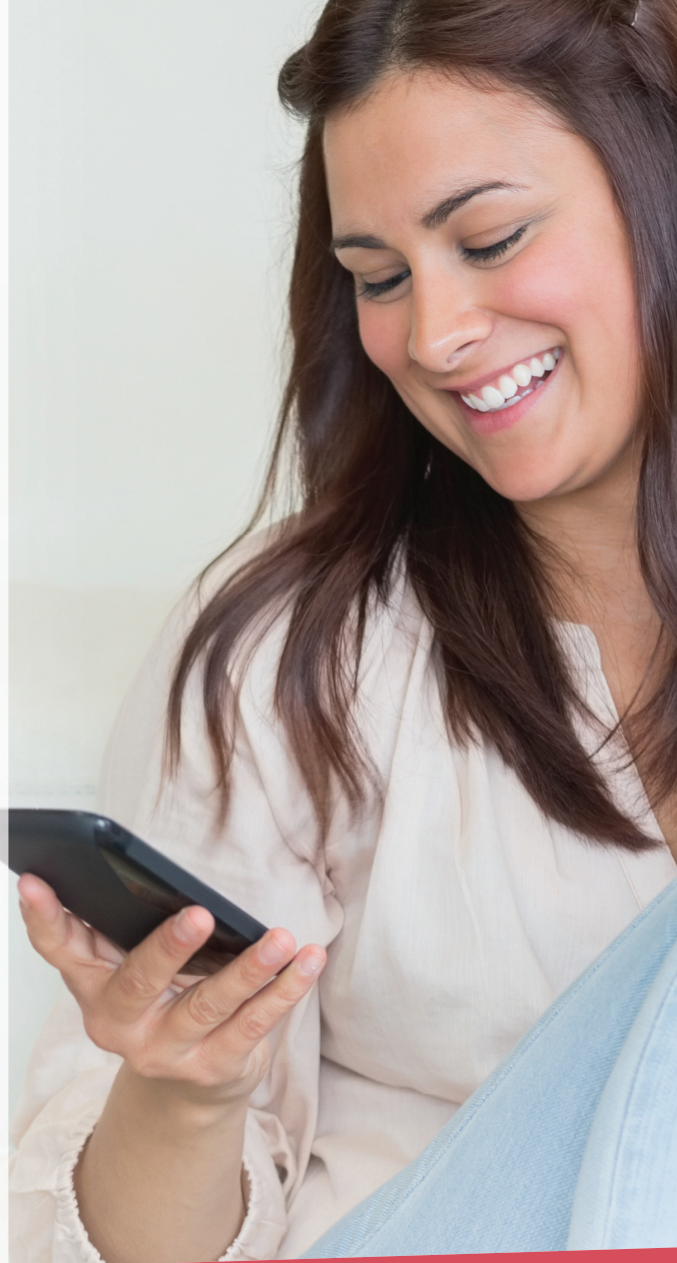
You can reach us by phone, mobile app, email or even chat with us online via your computer or mobile device. Whatever you choose, you'll get a health guide who's ready to answer your questions and help you make the most of your health plan benefits.

It takes a team

Our health guides work closely with health care professionals, like nurses, health coaches and social workers, to provide personalized and consultative support.

They can help you:

- Connect with the right benefits and programs for your health care needs, including:
 - Pregnancy support to keep you healthy while you're expecting
 - Nurse care manager support for managing chronic conditions such as asthma, diabetes, chronic obstructive pulmonary disease (COPD), coronary artery disease and heart failure
 - Cancer support for you, family members and caregivers before, during and after treatment
- Stay on top of your follow-up and preventive care with reminders and appointment-scheduling support.
- Compare costs for health care services, find in-network doctors and much more.



It starts with making sure you can reach us any way you want

Connect from your free Empire BlueCross BlueShield *Sydney Health* mobile app or by logging in at *empireblue.com*. Then choose **Customer Support**, then **Contact Us**.

Call us at **1 (800) 939-7515**



An Anthem Company



SUFFOLK COUNTY
EMHP
Employee Medical Health Plan of Suffolk County