

Get on the path to better health

LiveHealth Online provides a personalized experience that combines the latest in digital technology, behavioral science and biometric data to help you achieve your health goals at **no cost** or referral needed.



Get
Started
Today

livehealthonline.com/americanGreetings

Available at no cost to the member, spouse, and dependents 18 and older on the Anthem Medical Plan.



What care programs are included?



Healthy Back and Joints Program is a digital physical therapy program designed to help you reduce your back, joint or muscle pain at home. Your designated physical therapist will create a custom program and provide you your free digital kit.



Tobacco Free Program helps you quit nicotine. You will work with a health coach who can create a personalized plan and help you reach your health goals. Nicotine replacement therapy can be sent to your home at no cost.



Healthy Weight Program helps you lose weight. A health coach creates a personalized nutrition and exercise plan and can send a free connected scale to help you reach your weight loss goals.



Bloom: Women's Pelvic Health is pelvic health therapy for bladder issues, bowel dysfunction, and pelvic pain. Bloom gives women relief with an easy-to-use, at-home pelvic therapy solution.

Questions? Call 1-888-LIVEHEALTH, and select option 5.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.