



HR Highlights June 2022

Personal Care Checklist

Starting in late July, Anthem members who have certain gaps in care may receive a Personal Care Checklist in their email inbox. The Personal Care Checklist is a personalized and claims-based communication from Anthem, that encourages members to see their doctor for an annual wellness visit, to get recommended preventive screenings, to get tests to help manage chronic diseases, and to encourage medication review and adherence. A sample email can be found [here](#).

Only members whose claims show that they are overdue for one of these activities will receive an email with up to four personalized recommendations and a reminder to contact their doctor. Depending on each member's specific needs, email messaging may include reminders for things like:

- Scheduling wellness exams
- Screenings for cervical, colon or breast cancer
- A1C, kidney function or blood pressure checks

The additional communications are meant to assist members in remembering important health checks that are tied to preventive health and condition management. The Personal Care Checklist will be sent monthly throughout the year, beginning in July 2022. Members may receive a message up to three times during the year if the member has not gotten the recommended services prior to sending the outreach.