

The words “health care plan” and “fun” *can* be used in the same sentence.

See for yourself with our two new online learning guides.

You should feel confident when it comes to understanding your Anthem Blue Cross and Blue Shield health care benefits and how to use the online tools that come with them. Because when you do, you can make informed decisions about your health and save money.

So to help you feel good about using your benefits and our online tools, we've created two online eTutorial guides. They're interactive, funny and anything but boring.

Use “The Basics of Health Insurance eTutorial” to learn:

- What deductible, coinsurance, copays and all that insurance gobbledegook really mean.
- What happens when you need to see a doctor and how that in-network and out-of-network thing can make a big difference in what you end up paying out of your pocket.
- How to make sense of the “Explanation of Benefits” statements you get in the mail.

Use our “Web Overview eTutorial” to learn:

- How much different doctors and hospitals in your area charge for common surgeries. Find out how often they do them and what kind of quality you can expect.
- How to take an online health assessment to see how healthy you are. Print it out and share it with your doctor.
- How to get discounts for local gym memberships, eyeglasses, weight loss programs and more.

How to get started

For “The Basics of Health Insurance eTutorial” go to anthem.com/basics. Then sit back and get ready to learn and laugh.

For our “Web Overview eTutorial” go to anthem.com and click on “Guided Tour”. From there, your computer will guide you.

