

A woman with dark hair, wearing a white blouse and dark jeans, is sitting on a light-colored couch. She is looking down at a laptop computer. A ginger cat is sitting on the couch next to her, looking towards the laptop. A smartphone is lying on the couch to the right of the woman. A patterned pillow is visible on the left side of the couch. The background shows a brick wall and some greenery.

# **SWOOSH Resources**

**Finding the right tools, programs, and contacts for your benefits and wellness just got easier! Check out the back page for all your SWOOSH resources!**

**SWOOSH Hotline: Reach your  
Anthem Health Guide (option 1)  
Pharmacy Plan Assistance (option 2)  
SWOOSH Health Advocate (option 3)**

**513-336-4007**

Resource	Description	Contact
Health Advocate	Lorna Klaft, BSN, RN, is an ACE-Certified Health Coach. Available for health and wellness coaching, biometric results support, and help finding resources available on your SWOOSH/Anthem plan.	1-513-336-4007 (option 3) lorna.klaft@anthem.com
24/7 Nurse Line	Call a registered nurse anytime, day or night, to discuss next care steps, finding a doctor, or accessing resources.	800-337-4770
Anthem	By using the number on the back of your ID card you will be put in contact with your Anthem Health Guide. Anthem Health Guides answer your questions and provide personalized and consultative support.	844-256-4824 anthem.com
LiveHealth Online	Visit with medical, psychology, and psychiatric professionals from the comfort of your home.	1-888-548-3432 livehealthonline.com
Anthem IngenioRX	This is your pharmacy plan that will help you get the right prescriptions at the right time by helping you fill prescriptions, set up mail order delivery, switching to generic drugs and more.	833-214-3608 anthem.com
Employee Assistance Program	Free confidential help to meet life's challenges like financial, legal, and emotional wellbeing support.	800-865-1044 anthem.com/eap Company Code:SWOOSH
Learn to Live	These digital tools help you identify thoughts and behavior patterns that affect your emotional wellbeing and work through them. It includes personalized one-on-one coaching, live and on-demand webinars plus more!	Log into your EAP to access.
Condition Care	This is a no-cost health and wellness program that provides support through case management nurses to members and their covered dependents with: asthma, diabetes, COPD (chronic obstructive pulmonary disease), heart disease, and heart failure.	866-962-1071
Future Moms	Receive pregnancy support, access to a nurse 24/7, and a copy of the Mayo Clinic Guide To Healthy Pregnancy book.	800-828-5891
Anthem Weight Center	Interactive tips and steps to help manage your weight.	anthem.com/theweightcenter
Cancer Care Program	This program provides you with case managers who help navigate diagnosis, treatment options, and provide support and resources.	844-256-4824
Lark	This free digital diabetes prevention coaching can help you lose weight, eat healthier, increase activity, sleep better, and manage stress.	Download the Lark Health App in your app store
MetLife	This is your dental plan that covers preventive care like yearly checkups, cleanings, and x-rays. Plus provides out of network coverage!	1-800-942-0854 metlife.com
Vision Service Plan (VSP)	This is your vision insurance plan that will help offset the costs of routine eye exams and vision correction wear.	800.785.0699 vspdirect.com
Voya Financial Life Insurance	This is your life insurance that can help support your family's future.	888-238-4840 voya.com
Airrosti	Airrosti is your musculoskeletal experts with an injury resolution rate of over 87%. With a remote recovery option to help you feel better from the comfort of your home.	1-800-404-6050 airrosti.com
Beacon Orthopaedics and Sports Medicine	Kings has partnered with Beacon to provide you with enhanced benefits and reduced cost. You will receive priority access to all tri-state Beacon locations, lower out of pocket cost for all services, guaranteed appointment within 24-48 hours, and more!	Priority Access Line: 513-230-0205
Benefitsolver	Through Benefitsolver you can enroll in benefits, make changes, update beneficiaries, and more! Be sure to checkout the reference center to view your benefit summaries.	844-705-4096 benefitsolver.com Company Key:SWOOSH
HORAN Engagement Team	Benefit specialists are available to help you answer complex benefit questions, resolve escalated claim issues, and connect you to resources.	844-694-6726