DocTalk | Online health webinars

Help from a trusted source - at no extra cost.

Forget about house calls. DocTalk makes office calls! That's right, as an Anthem Blue Cross and Blue Shield (Anthem) member, you can enjoy live online health webinars at no extra cost, straight from your desk. Plus, the webinars are brief and to the point - a good choice for those who are busy or on the go.

Each webinar is presented by a medical director from Comprehensive Health Solutions, a dedicated group of people with different expertise. So, you can be sure you're getting help and your questions answered from a source you can trust.

At the close of every talk, you may decide to make healthy choices with new tips and techniques for improving your and your family's health.

Registering for one of the DocTalk webinar sessions on the next page is easy. Just click here to sign up now at doctalk.webex.com.
The 2011 DocTalk season

February  
*Patient Safety: A Bitter Pill to Swallow:* Be an active participant in your health care rather than a passive one! Get help with improving your communication with your doctor, and what you should ask him or her before entering the hospital.

May  
*The Skinny on Metabolic Syndrome:* Learn more about conditions and causes that could be putting you in danger for a heart attack, stroke or high blood sugar.

August  
*Support for Caregivers:* Caring for a loved one with long-term care needs can be overwhelming. Find out about the wealth of help you can get during this hard time. Plus, know when to think about nursing home placement for your loved one.

November  
*Taking Care of Stress:* Stress doesn’t have to get the best of you. Follow our successful techniques for reducing stress and dealing with stress-related conditions, such as depression and high blood pressure.

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Miss a webinar? Don’t worry!

Recorded versions of past DocTalk webinars are available at doctalk.webex.com.

Each DocTalk webinar:
- Encourages you to make better choices, starting today
- Empowers you to take charge of your health
- Connects you with a medical director to get your questions answered
- Cuts through the media hype to give real-time answers and facts about the big health issues of today

DocTalk can help if you:
- Want to make healthy choices
- Want easy access to a doctor, without waiting
- Have questions about a specific health issue

Click here to register now at doctalk.webex.com.

Participation is limited.

There is no extra charge for Anthem members.

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