

Help employees stay on top of their health

With these preventive health guidelines

Regular preventive care is one of the best ways to keep your health on track. [This guide](#) can help you and your employees understand what type of care is needed and when. While becoming familiar with these guidelines is an excellent start, you should always speak to your doctor about which exams, tests, and shots are right for you.

For more information about their health plan, employees can:

- **Find out what their plan covers** by calling Member Services at the number on their member ID card.
- **Learn about health topics** that matter to them by going to [anthem.com](https://www.anthem.com).
- **Search for age- and gender-specific preventive care guidelines** at [anthem.com/preventive-care](https://www.anthem.com/preventive-care).

Contact your broker or Anthem Sales representative to find out how the [SOCA Benefit Plan](#) can help your employees.