

DocTalk online webinars bring the doctor to you

Log on. Listen in. Ask questions.

The more you know, the better you can take care of your health. That's why we offer DocTalk. It's a series of webinars about important health topics. DocTalk is online so it's easy to access – and it's free for Anthem Blue Cross and Blue Shield members.

DocTalk is presented by our medical directors who share their knowledge and expertise with you. They'll provide helpful tips on how to improve your health and the health of your family. Each webinar is about an hour, and you can ask questions at the end. Check out the 2015 topics on the back of this flier and mark your calendar. The doctor will see you soon.

Register today. Here's how.

- 1) Go to doctalk.webex.com.
- 2) Choose **Register*** next to the date and time of your choice.
- 3) Follow the registration instructions.
- 4) You'll receive instructions by email on how to log in to the webinar and teleconference.

*Registration is limited. So sign up today.



* Registration is limited to the first 1,000 who sign up.

DocTalk webinars are for informational purposes only. They do not constitute medical advice, diagnosis or treatment and are not substitutes for treatment by your doctor.



2015 DocTalk topics

April — Immunizations: what you need to know to protect yourself and your family

Vaccines aren't just for kids. Whatever your age, you need them to protect your health too. We'll separate the facts from fiction. Find out the reason behind vaccines and when you should get them.

June — Back pain and joint health

Did you know that 90% of Americans have back pain in their lives? In addition, almost one in two Americans has trouble moving due to body aches, pains or injuries?¹ Healthy bones and joints are important for everyone. Learn about the causes of joint pain and some things you can do to reduce current problems and prevent future ones.

August — Diet and nutrition

Eating healthy can be hard in today's fast-paced world. Many of us resort to fast food as we rush to our next appointment. Eating right is one of the keys to a healthy life. Join us to learn some tips and guidelines for keeping your diet healthy.

October — Cancer prevention and screenings

Cancer comes in all shapes and sizes and anyone can get it. Preventive measures may reduce your lifetime risk of developing cancer by 50%. Catching it early increases your chances of cure. Learn about the different preventive measures and cancer screenings.

What DocTalk can do for you

- Keep you informed about the latest health topics
- Give you tips to deal with health issues
- Connect you with a doctor who can answer your questions
- Help you find better ways to take care of your health

Registration is limited. So sign up today — for one or all of the webinars. They're free for Anthem members like you. Go to doctalk.webex.com.

Take a look at past webinars at doctalk.webex.com. Select [View Event Recordings](#).

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1 Bone and Joint Initiative U.S.A. website: *Facts & Figures* (accessed February 2015): usbjd.org.

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