

Beyond *What's Driving Our Health*

To truly improve health, we must shift the way we think about it. That's why Anthem is working to deepen Americans' understanding of all the drivers, or factors, that impact whole health. But we're doing more than starting a national conversation around the drivers of health. Read on to learn how Anthem is making a difference in communities across the country.

How Anthem Is Making an Impact

Data tells us that focusing on the social, behavioral, and physical drivers that shape our health can have the greatest impact on our whole health. **We leverage these drivers in four ways:**

1 Focusing on Health Equity



Appointed **Dr. Darrell Gray, MPH, FACG**, as Anthem's inaugural **Chief Health Equity Officer**



Announced an Anthem Foundation pledge of **\$50 million over five years** to address health inequities and social injustice



Invested \$30M over three years to support maternal and child health programs

Set a goal to reduce racial disparities in maternal health by 50% over five years.

Initiatives include **The First Lady Teas**, a program to encourage faith-based leaders to provide information and support to at-risk mothers and babies, and **CenteringPregnancy**, a group prenatal care model that has led to reductions in preterm birth rates and increased birth weights



Introduced ongoing support to a novel social justice education curriculum through the **Athlete to Advocate program**, which aims to equip professional athletes to become effective advocates for change

2 Creating Connections



Coordinated a three-year, **\$2.45M partnership** between the Anthem Foundation and Local Initiatives Support Corporation (LISC) Indianapolis to support equitable food access and food security



Helped enable **60 million rides to and from COVID-19 vaccination sites** for low-income, uninsured, and at-risk communities through partnership with Lyft



In collaboration with the American Lung Association and The Center for Black Health & Equity, **released Better For It, a science-based guide** on how to make a well-informed decision about the COVID-19 vaccine



Teamed up with iHeartMedia and Heart of America to **help schools across the country expand their access to nutritious foods**

3 Improving Outcomes



Partnered with Feeding America on the **Food is Medicine Program** to bring together food banks and healthcare providers to empower clinical staff in conducting food insecurity screenings and interventions, such as access to classes and food pantries



Built incentives for providers to enable them to **screen for drivers of health needs and connect patients to community resources**, knowing nutrition is a critical component of overall health



Partnered with organizations to offer consumer tools, like PsychHub, to help those who might be dealing with anxiety, depression, loneliness, or other behavioral health challenges to make connections between their thoughts, actions, and overall well-being

4 Removing Barriers



Pledged **\$50 million to pandemic response efforts in 2020**, providing direct assistance to individuals and families in need of food, housing, transportation, and mental health services



Established an initiative to address homelessness and housing instability as a key barrier to health, which led to a 20% cumulative reduction in medical expenses among program participants, many of whom had complex health challenges

Launched an innovative new benefit plan for Associates that includes:



Life Essentials Kit to address drivers of health and the greatest needs for our Associates



Nutrition Kits, which provide funds to cover nutritious food and as a result increase access to healthy foods, such as fruits and vegetables



Transportation Kit, which provides Associates with a spending card to access a variety of transportation options



Child Care Kit, which provides funds to help cover childcare expenses, including before- and after school care

Looking Ahead



Healthcare transformation won't happen overnight, but we believe we can change our approach to health for the better. That's why Anthem is calling on everyone to help seize this current moment and deepen our understanding of whole health, what drives it, and how we can make it better. Only then will we be able to address the nation's biggest health challenges and strengthen the system for generations to come.