

Anthem Medicaid

With you every step of the way



Pediatric Obesity Data

		Yes - Obesity DX Last 12 months	
Age Band		Count of Children	Percentage
1-5		442	2.14%
6-10		903	4.89%
11-17		1,865	9.47%
Grand Total		3,210	5.46%

		Yes - Obesity DX Last 12 months	
Gender		Count of Children	Percentage
F		1,508	5.29%
M		1,702	5.62%
U			0.00%
Grand Total		3,210	5.46%

		Yes - Obesity DX Last 12 months	
Race		Count of Children	Percentage
American Indian or Alaskan Nat		1	1.45%
Asian or Pacific Islander		62	7.08%
Black		523	7.16%
Hispanic		356	9.97%
Native Hawaiian		4	3.92%
Not Provided		330	5.00%
Other Race or Ethnicity		138	5.44%
White (Non-hispanic)		1,796	4.76%
Grand Total		3,210	5.46%

Healthy Family Lifestyles Program

- Six-month telephonic coaching program for ages 7–17
- Health Educators work to engage and empower families to make positive behavior changes
- Use education, online resources, and coaching



Participation in Healthy Families

- Working to improve outreach and participation
- 2023- 14/377 participated
- 2024- 4/55 participating

Success Story

12-year-old overweight female member who struggled with motivation, did not get much physical activity, and ate too much at meals and snacks.

Beginning weight was 180 lbs.

Health Educator working with her on eating smaller portions, eating health snacks and more balanced meals. Also encouraging more physical activity through walking and workout videos.

Member has embraced this change and lost 11 lbs. She will complete the program next month. She continues currently with healthy lifestyle changes.







Anthem Value Added Benefits

- Boys & Girls Club membership- no cost for members between ages 6 and 18
- Sports Physicals- free annual sports physical for members between 5 and 18
- Fresh Fruit and Veggies program- if members over 18 in household with obesity as well

EDUCATE EARLY AND OFTEN

Anthem partners with schools and community-based organizations to teach kids about leading a healthy lifestyle by:

-  Sponsoring **more than 1,200 school-based events** and health education classes, impacting kids in **all 120 Kentucky counties**.
-  Donating **\$15,000** in physical fitness equipment to two Kentucky school districts.
-  Feeding **2,500 kids** through summer lunchbox programs.
-  Distributing **200 backpacks** in partnership with the Kentucky School Nurses Association and the Asthma and Allergy Foundation to aid youth with an asthma diagnosis with asthma and allergy education and resources.

In partnership with Feeding America, Kentucky's Heartland, Anthem has **donated \$100,000** to reduce hunger across the state. With locations in **6 Kentucky counties**, Commonwealth Community School Pantries have healthy food options **available for children and families who struggle with food insecurity**.



Healthy Eating for Children

Ages: Youth

This class will teach children what it means to eat healthy through interactive lessons and games. Participants will use the MyPlate diagram to learn about the different food groups, portion control and the benefits of eating a healthy diet. They will practice creating healthy meals and learn about what foods should be eaten often and which ones should be eaten in moderation.

**NEARLY 20%
OF U.S. CHILDREN
AND ADOLESCENTS**



Contact us

Member Services

Call **855-690-7784 (TTY 711)**, Monday through Friday from 7 a.m. to 7 p.m. Eastern time, except holidays.

24/7 NurseLine

Call **866-864-2544 (TTY 711)** for help 24 hours a day, seven days a week.

Behavioral Health

Call **855-661-2025 (TTY 711)** for help 24 hours a day, seven days a week.

Online

Visit us at **[anthem.com/kymedicaid](https://www.anthem.com/kymedicaid)**.

Create a secure account to change your doctor, print your member ID card, and more.

Case Management- For Healthy Family Referrals

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