

Condition Management

from Blue Cross and Blue Shield of Texas

Living with a chronic health condition?

Improve your quality of life by receiving the support you need to manage your chronic condition. Our condition management programs can:

- Help decrease the intensity and frequency of your symptoms
- Coordinate communication between you, your doctor and your health plan
- Enhance your self-management skills for improving your health
- Provide access to online resources for information about prescription drugs, treatment options and other health-related information
- Help manage conditions such as asthma, diabetes, congestive heart failure, coronary artery disease and more



To enroll or to learn more
call **866-412-8795**



**BlueCross BlueShield
of Texas**

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