

Experience. Wellness. Everywhere.SM

Blue Care Connection[®]

Take Charge of Your Health

Blue Care Connection is a disease management and wellness program offered to you as part of your HealthSelect coverage, at no additional cost!

Blue Care Connection simplifies the coordination of your health care benefits, educates and empowers you to make informed choices, supports wellness by aiding your understanding of your benefits, personal risk assessments and preventive screenings.

- Wellness Programs
- Disease Management Programs, featuring Blue Care Advisors
- 24/7 NurseLine at **(888) 334-9473**
- Special Beginnings[®] at **(800) 462-3275**
- Personal Health Manager with Blue PointsSM

Call **Blue Care Connection** at **(800) 462-3275** (main line) for any questions or to enroll! Or for more information, visit the HealthSelect Web site at www.bcbstx.com/hs/bluecareconnection.htm.





**BlueCross BlueShield
of Texas**

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Personal Health Manager is the online tool that helps to manage the health of you and your family.

- **Set up a personal health record** to keep track of and manage your family's health – within one secure location.
- Ask questions through *Ask a Nurse*, *Ask a Trainer*, *Ask a Dietician* and *Ask a Life Coach* and receive responses from experts.
- **Complete a Health Risk Assessment** several times a year - it's easy to understand and takes just 10-15 minutes to complete.
- **Check out the Interactive Symptom Checker** and other online health and medication content, wellness tracking tools, videos and interactive tutorials.
- **Receive wellness and condition-specific information and alerts for screening tests.** Set up reminders for medical appointments and medication refills.
- **Earn Rewards!** Each time you track a fitness workout, report a meal, ask a nurse a health-related question, or use other parts of the "For Your Health" section of the Personal Health Manager, you earn **Blue Points** which you can redeem for rewards!



www.bcbstx.com/hs