

WHAT YOUR HEALTH COACH CAN DO FOR YOU

INFORMATION AND SUPPORT – 24 HOURS A DAY

Your Blues On Call Health Coach is a specially trained registered nurse who can provide you with up-to-date health information, offer support during treatment, help you to manage a health condition, and encourage you to stay healthy.

In easy-to-understand language, your Health Coach can talk to you about:

- When you should call your doctor
- What treatment options are available for a recent diagnosis
- How to use your medications
- How to prepare for a medical test
- What's involved in a surgery
- Where to find educational resources on a variety of health-related topics

Your Health Coach is there for you when you need support. Call your coach to help you to:

- Prepare for visits to your doctor
- Make knowledgeable treatment decisions
- Stay on track with your treatment plan
- Follow through with your doctor's recommendations
- Overcome obstacles when things get tough

If you have a health condition like diabetes or asthma, your Health Coach can:

- Provide you with the latest information on your condition
- Discover ways to reduce specific risks associated with your condition
- Help you to set and achieve your health goals
- Refer you to resources, such as case managers, employee assistance programs, or community programs
- Provide you with tools or equipment to make it easier to manage your health



Call your Health Coach for information about wellness programs to:

- Reduce stress
- Eat healthy
- Manage weight
- Stay active
- Quit smoking

All information shared during your phone conversations with a Health Coach will remain confidential.

CALL ANYTIME – AS OFTEN AS YOU WANT

Blues On Call knows how hectic your schedule can be, so Health Coaches are available anytime, early in the morning or late at night, 24 hours a day, seven days a week. Call **1-888-258-3428** today.

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