

# TAKE THE CALL

A SHORT CALL COULD MEAN A LONGER LIFE



A Health Coach may call to offer you services to better manage your health. Take a few minutes to talk to the coach. What you learn could make a real difference in improving your health.

Your dedicated Health Coach is specially trained to help you lower your risk for illnesses, better manage a health condition, provide extensive support for a complex health problem and work with you one-on-one to change lifestyle behaviors.

Your coach offers:

- Insight into what's keeping you from reaching your health goals
- Support to follow through with your doctor's treatment plan
- A helping hand when you need a boost to stick to your plan
- Personalized support for making the health care decisions that are right for you
- Help navigating the health care system

A Health Coach may call you to:

- Offer personal coaching to quit tobacco
- Help you better manage your diabetes
- Talk about ways to treat your back pain without complicated surgery
- Provide care coordination after a hospital stay

## COACHING IS FREE, CONFIDENTIAL AND VOLUNTARY

There is no charge to talk with a coach. All information shared during your phone conversations with a Health Coach will remain confidential. There is no obligation to participate in the programs offered. If you do not want to participate in coaching conversations, simply tell the Health Coach. The coach will make no further attempt to contact you.



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When a Health Coach calls, find out how a short call could mean a longer life.

Or contact a Blues On Call<sup>SM</sup> Health Coach directly at 1-888-BLUE-428 (1-888-258-3428).

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