

Blue Care Connection[®] can help you:

- Learn your health status
- Make a plan
- Take charge



**BlueCross BlueShield
of Texas**

We all have health challenges. Many of us are trying to lose those extra 10 pounds or keep our cholesterol under control. Some of us are dealing with a chronic or serious illness.

No matter what your health challenge, the Blue Care Connection (BCC) program may help. BCC offers support and resources to you and your covered family members.

Take the first step and learn your health status.

Take the online **Health Assessment**. It's confidential, and you will get a personal report that helps you understand your current health. Just visit **wellontarget.com** to get started.

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bcbstx.com

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BlueCross BlueShield of Texas



Blue Access for MembersSM

With Blue Access for Members (BAM), our secure member website, you can:

- Locate a doctor or hospital in your plan's network.
- Find Spanish-speaking providers.
- Sign up for Blue Access MobileSM through your BAM user profile to access these services via your mobile phone or tablet.

Do you have health issues that need extra attention?

Join **Lifestyle Management** to try to lose weight or quit smoking. You will work with a Lifestyle Management Specialist to set a plan and reach your health goals. Call **866-412-8795** and select "Lifestyle Management."

If you are pregnant, join **Special Beginnings[®]** to receive education about your pregnancy, access to our helpful website, a book and access to a nurse whenever you have questions. Call **888-421-7781** to join.

Are you dealing with a chronic illness?

Talk to registered nurses from our **Condition Management** program. They can offer support, education and coaching to try to help you manage your condition. Call **866-412-8795** and select "Blue Care Connection."

Get help from a licensed **Behavioral Health** professional if you are dealing with depression, substance abuse, anxiety or other mental health issues. Call **866-412-8795** and select "Blue Care Connection."

Whether you're running a fever or training to run a marathon, here are some other BCC services available to you!

- Call the toll-free 24/7 Nurseline at **800-581-0393** anytime you have a health question for a registered nurse.
- Take advantage of the Fitness Program and get a discounted membership to a nationwide network of fitness centers. Just visit the Blue Access for Members site.

All BCC programs and services are confidential and available at no additional cost to you.

NOTE: These programs are not a substitute for the medical advice of your doctor. If you have any questions or concerns regarding your health, you should discuss them with your doctor. To get the most out of the Blue Care Connection program, discuss the health information you receive with your doctor.

Blue Care Connection

