

MANAGE YOUR HEALTH



If you have been recently diagnosed with or are struggling to manage a chronic health condition – like diabetes, coronary artery disease, asthma, chronic kidney disease, chronic obstructive pulmonary disease, or congestive heart failure – understanding your options can help you take charge of your health.

Our health management programs enable you to:



Work with a
Care Manager
to learn all about
your condition



Get personalized
education to help
you self-manage
your condition



Get tips on how
to prevent health
problems related
to your condition



Set health
goals and stay
on track to meet
your goals

INFORMED. EMPOWERED. SUPPORTED.

For more information, call the
Health Management Program line: **1-877-475-8449**



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