

# TAKE CHARGE OF YOUR HEALTH

Call your Blues On Call Health Coach for support.



## Get answers to your health-related questions.

Your specially-trained Blues On Call Health Coach can give you up-to-date, easy-to-understand information on any health topic that concerns you, such as:

- A recent diagnosis
- Medication side effects
- Dealing with anxiety
- Fibromyalgia symptoms
- What to expect during a scheduled medical test
- Treatment options for knee and joint pain
- Concerns about an upcoming surgery
- Improving your quality of life with asthma or diabetes
- How to get free DVDs on back pain, colon cancer... and more

## Learn how to stay healthy.

Your Blues On Call Health Coach can also help you stay healthy and lower your risk for certain health conditions, with programs for managing stress, eating right and exercising – all at no cost or obligation to you.

## Find out how to lower your risk.

You may receive a phone call from Blues On Call offering services to help lower your risk for certain health conditions. Participation in the services the Health Coach suggests is completely up to you.

## Take advantage of everything blues on call offers.

Your Health Coach can give you more information about all of the services Blues On Call provides. Health Coaches are available anytime – day or night. Don't worry – with Blues On Call, your health information is always completely confidential.

### TAKE CHARGE.

Call Blues On Call today at  
**1-888-258-3428.**

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The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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