

We know you are stronger
than any disease or diagnosis.

And we'll work with you to keep you strong. Through our Care Management programs, we can offer you the help and expertise of more than 250 in-house clinical professionals – including nurses, dietitians and social health coaches.

Our health coaches may work with you in between office visits with your doctor/health care provider and give you support, information and encouragement to stick to your care plan.

Let's take this
journey together!

Call 1-800-317-2299

Monday – Friday, 8 a.m. until 5 p.m.

(except office holidays)

You can call for yourself or to refer another family member covered on your Blue Cross and Blue Shield of Louisiana plan. Your doctor/health care provider can also refer you to our Care Management health coaches.

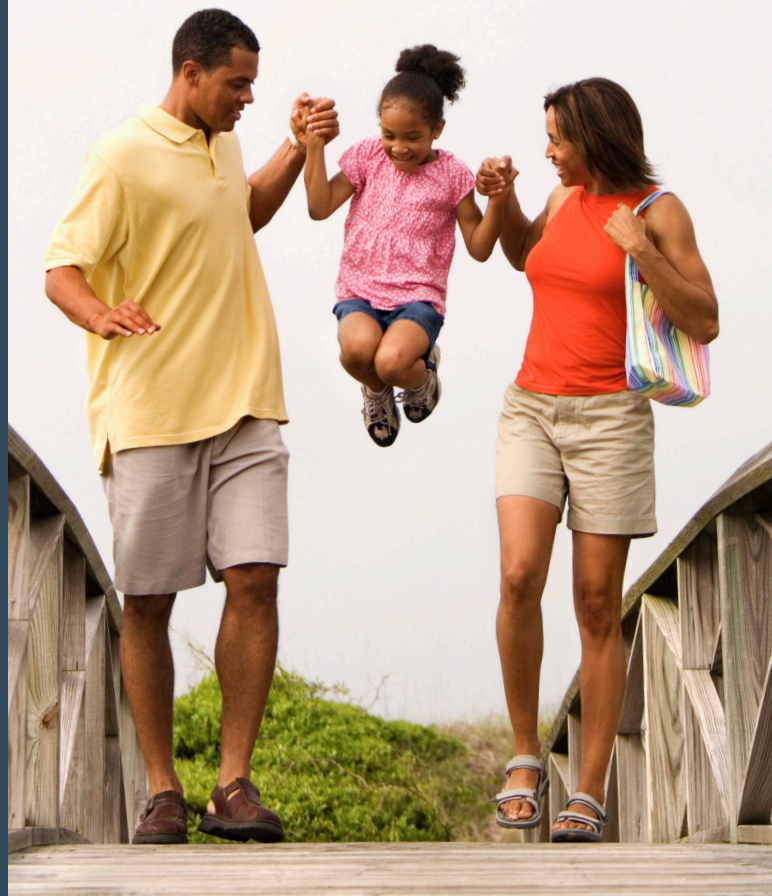
If you already participate in one of our programs but no longer wish to participate, let us know by calling the toll-free number above.

Blue Cross health coaches may reach out to you if you've been referred or if we have identified that you may be eligible for our programs.

www.bcbsla.com/stronger

YOU ARE **STRONGER THAN**  YESTERDAY

Care Management Programs



SUPPORTING YOU ON YOUR
JOURNEY TO OPTIMAL HEALTH

 Louisiana

Blue Cross and Blue Shield of Louisiana is an independent licensee of the Blue Cross Blue Shield Association.
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WE WANT TO HELP

Your health is important to us. Our health coaches want to support you in leading a fuller, healthier life.

If you have been diagnosed with a serious or long-term health condition, call us to find out how we can help you through our Care Management programs.

We can talk with you about your health needs and medical history to find a Care Management program that is right for you.

WHAT IS A HEALTH COACH?

A health coach is a Blue Cross nurse, dietitian or social health coach who will work with you to set and reach personal goals for your best health.



SUPPORT FOR YOUR HEALTH CONCERNS

Our health coaches can help if you have:

- Chronic diseases like asthma, heart disease or diabetes
- Rare conditions
- High-risk pregnancy
- Organ/tissue transplant
- Serious injuries
- Cancer
- Obesity
- Depression
- And more!

HOW WILL HEALTH COACHES HELP YOU?

We will help you work toward your health goals, no matter what the size. Health coaching is personalized, and we will assist you with your unique needs.

Our health coaches will:

- Offer tips to stick to the treatment plan your doctor/health care provider made for you
- Share information or educational materials about your health condition
- Work with you on areas where you want to make changes, such as quitting smoking, exercising, eating healthy or getting preventive care
- Coordinate care working with you and/or your doctor's office, to make it easier for you to find in-network providers for services you need
- Send you preventive and wellness care reminders, sometimes along with your doctor's office

Learn more about the ways our health coaches can help you be stronger at www.bcbsla.com/stronger.

YOU ARE **STRONGER THAN**



ANY DIAGNOSIS