

# Care Management Programs



SUPPORTING YOU ON YOUR JOURNEY  
TO YOUR BEST POSSIBLE HEALTH

LOUISIANA **BLUE**  

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 can 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 Louisiana Blue nurse, dietitian or counselor 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
- Other health conditions

## HOW WILL HEALTH COACHES HELP YOU?

We will help you work toward your health goals, no matter how complex. 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/healthcare provider made with you
- Share information or educational materials about your health condition
- Work with you on areas where you want to make changes, such as exercising, eating healthy, getting preventive care or quitting smoking
- Connect you with in-network healthcare providers in your area
- Send you preventive and wellness care reminders

Learn more about the ways our health coaches can help at [www.lablue.com/managingcare](http://www.lablue.com/managingcare).

# Let's take this journey together!

Louisiana Blue's in-house team of more than 300 clinical professionals—including nurses, dietitians, pharmacists and counselors—can offer you personalized health coaching, education and support.

Our health coaches can also work with you in between office visits with your doctor/healthcare provider to help you stick to your care plan.

## Your Partner in Health

**Call toll-free 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 Louisiana Blue plan. Your doctor/healthcare 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.

Louisiana Blue health coaches may reach out to you if to offer our assistance.

**[www.lablue.com/managingcare](http://www.lablue.com/managingcare)**