



CHRONIC CONDITION MANAGEMENT

Support to Help You Stay on Track.

When you have a chronic health condition, it can be a struggle just to get through the day. Following a doctor's care plan is vitally important to improve quality of life and lessen future complications.

That's why Blue Cross clinicians offer one-on-one support to help those with a chronic health condition stay on track with care plans.

Together with your Blue Cross clinical team, you will:

- ▶ Learn about effective self-management techniques
- ▶ Coordinate care across your entire attending team
- ▶ Ensure medication and care plan compliance
- ▶ Identify lifestyle change opportunities
- ▶ Connect with community resources

Clinicians are available via phone and email, Monday through Friday, 8 a.m. to 6 p.m. Central Time.

The program focuses on specialized conditions including:

- ▶ Asthma
- ▶ Chronic Kidney Disease
- ▶ Chronic Obstructive Pulmonary Disease (COPD)
- ▶ Congestive Heart Failure
- ▶ Coronary Artery Disease
- ▶ Diabetes (Types 1 and 2)
- ▶ Musculoskeletal Pain

Get ahead of health complications!

Call **1-888-841-5741** to get started today. Participation is voluntary and confidential with absolutely no out-of-pocket cost to you.



**BlueCross BlueShield
of Alabama**

We cover what matters.