



BlueCross BlueShield of Oklahoma | Experience. Wellness. Everywhere.®



Blue Care Connection®

Helping You Achieve a Healthier Life

Sometimes managing your health requires more than doctor visits, lab tests and prescriptions.

Blue Cross and Blue Shield of Oklahoma offers these **Blue Care Connection** resources* to help you and your covered family members reach your health and wellness goals.

Blue Access® for Members

For personalized information about your health care benefits and coverage, log in to Blue Access for Members at bcbsok.com.

- **Personal Health Manager** – online suite of wellness resources to help you manage your health and adopt healthier behaviors
- **Blue PointsSM** – reward program for engaging in healthy activities
- **24/7 Nurseline** – around the clock, toll-free access to registered nurses for health information
- **Special Beginnings[®]** – maternity program offering expectant mothers ongoing support and education from prenatal to postpartum care
- **Blue Care[®] Advisors** – registered nurses and other health care professionals who work with you and your physician to provide education, coaching and monitoring of your chronic condition treatment plan or help you make lifestyle changes
- **Case Management** – registered nurse case managers help you cope with a complex medical situation and access the services you need
- **Behavioral Health⁺** – licensed behavioral health professionals help you access services and offer support with co-existing medical conditions or disorders such as anxiety, depression, etc.
- **Fitness Program** – take advantage of a gym membership to a nationwide network of fitness centers

*These resources can help you plan and manage your health, but do not replace the care of a doctor. To get the most out of the Blue Care Connection program, discuss the health information you receive with your doctor.

⁺Behavioral Health is not available to HMO members.



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Personal Health Manager

Take Charge of Your Health

You and your family members can take advantage of important health and wellness online tools and resources with the **Personal Health Manager**. Explore how the Personal Health Manager features can help you achieve your wellness goals.

Discover it

- Take the confidential *Health Risk Assessment* to better understand your current health condition, identify potential issues and reinforce what you're doing right.
- Get health and wellness questions answered via secure e-mail through *Ask A Nurse, Ask A Dietitian, Ask A Trainer* and *Ask A Life Coach*.

Plan it

- Visit the *For Your Health* section for helpful information and suggestions on exercise, nutrition and lifestyle issues.
- Create customized plans for you and your family members to follow.

Track it

- Stay motivated and track your *Get Fit, Eat Right* and *Live Well* plan goals and activity progress.
- Set up a *personal health record* to keep track of and manage your, and your family's, health information in one secure location.

Reward it

- Stay motivated to reach your goals – when you use many of the features of the *Personal Health Manager*, you automatically earn *Blue Points** that can be redeemed for reward items.



It's Easy to Use the Personal Health Manager!

Just log in to our secure Blue Access for Members website at bcbsok.com. Then click on the Personal Health Manager icon.

*Blue Points Program Rules are subject to change without prior notice.

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