

# Connections<sup>SM</sup> Health Management Programs

## Support for health care decisions

Every day, we are faced with decisions that affect our health. Some of them, such as diet and exercise choices, are so small we may not even be aware of them or recognize them as significant. Others, such as medical tests, procedures, or surgery, may be more complicated.

Where can you turn when you have a health care decision to make? You can turn to a Health Coach. Health Coaches, from the Connections Health Management Programs, are available to help members make informed health care decisions — whether they are facing a significant medical decision or have an everyday health concern.

### How it works

Getting the facts about your condition and learning about treatment options are the initial steps in any health care decision. Through Health Coaches, you can get information about health issues 24/7. Your personal Health Coach can provide the information you need over the phone, as well as through informational mailings, email messages, and videos.

### Tools and videos available

- Healthwise<sup>®</sup> Knowledgebase — an online encyclopedia of health information available through [www.ibxpress.com](http://www.ibxpress.com);
- HealthMedia — free online programs that help you eat healthily, manage your weight, quit smoking, reduce stress, and make other healthy changes;
- audio and video library — topics include arthritis, anxiety, breast cancer, and pneumonia.

### Health Coaches

- health professionals, such as nurses, dietitians, and respiratory therapists;
- accessible 24/7;
- provide confidential information and support.

### Outcomes

Start to take an active role in managing your health today. With information and support from a Health Coach, you can become more informed and confident about your health care decisions.

**Connections Health Management Program**  
**1-800-ASK-BLUE**

We're here for you every step of the way.

