

Discover the healthy you!

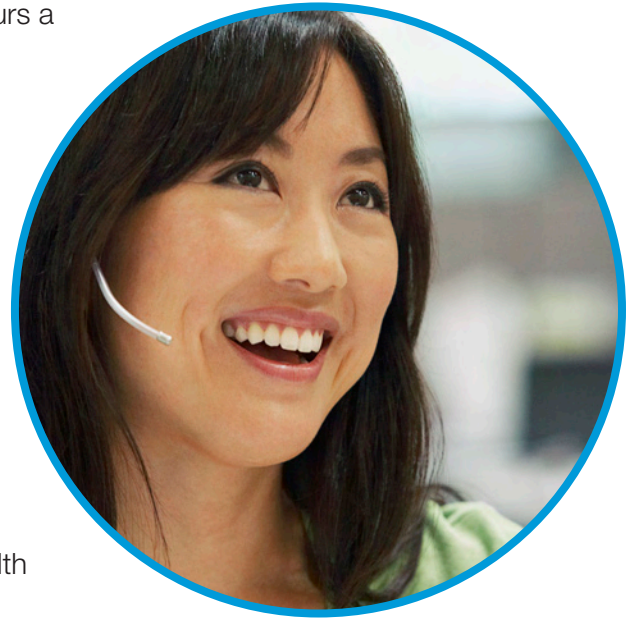
- It's 11 p.m. and you have health care questions. Who do you call?
- Do you know how your diet choices can impact your overall health?
- How can you reduce the severity of an asthma attack?

A Health Coach, part of the Connections Health Management ProgramsSM, can help you answer these questions and provide tips so you can improve your health and overall quality of life.

Connections provides:

- access to a Health Coach to talk to anytime, day or night, 24 hours a day, 7 days a week;
- personalized calls from your Health Coach about your chronic condition or other health concerns;
- educational materials mailed to your home;
- health reminders about important tests and information so you can take better control of your health;
- access to a wide variety of free informational videos/DVDs on topics such as weight loss surgery, coping with depression, chronic lower back pain, and breast cancer that can help you decide about important treatment options.

Connections is offered to you at no cost. The program can help you work with your health care provider, and get the support you need to manage your health. Call Connections and talk to your personal Health Coach today.



Log on to www.ibxpress.com today to get started.

**For additional information,
call 1-800-ASK-BLUE (1-800-275-2583).**

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

