

ConnectionsSM

HEALTH MANAGEMENT PROGRAMS



Independence
Blue Cross

Health support for everything from chronic conditions to everyday health concerns.

- Talk to a Connections Health Coach anytime—24 hours a day, 7 days a week, 365 days a year. Call **1-800-ASK-BLUE**.
- Receive educational materials and health reminders through the mail.
- Visit the Connections Dialog Center for health tools, decision support, and access to the Healthwise[®] Knowledgebase health encyclopedia at **www.ibxpress.com**

It's free! Call your Health Coach today!



Independence Blue Cross offers products directly, through its subsidiaries Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield—independent licensees of the Blue Cross and Blue Shield Association.

2005-0174 07/05