

## Ask a Health Coach

Whether you're up in the middle of the night with a sick child or looking for ways to manage a chronic illness, the Connections<sup>SM</sup> Health Management Program offers resources that help you get the information and support you need with:

- Health Coaches available 24/7 to answer any health-related question and to give you personalized support;
- resources to help you become better informed about your area of concern;
- tools to help you manage your health and health care activities;
- health reminders mailed to your home.

Call a Health Coach today at **1-800-ASK-BLUE** (1-800-275-2583). Or check out Connections at [www.ibxpress.com](http://www.ibxpress.com) to learn about a health topic that concerns you.



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

