

ConnectionsSM Health Management Program

Connections provides:

- access to a Health Coach 24/7;
- personalized calls from your Health Coach about your chronic conditions or other health care 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 an encyclopedia of health information — the Healthwise[®] Knowledgebase gives you well-organized health information on the Web, through the mail, or in our audio library.



Connections is offered to you at no additional cost. The program can help you work with your health care provider and get the support you need to manage your health.



**Independence
Blue Cross**

**www.ibxpress.com
1-800-ASK-BLUE
(1-800-275-2583)**

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.

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