

ConnectionsSM Health Management Program

As a participant in the Connections Health Management Program you can receive:

- access to Health Coach 24/7 to help you manage your condition;
- personalized follow-up calls from your Health Coach about chronic conditions or other health care concerns;
- detailed information to help you better understand your condition and take an active role in managing it.

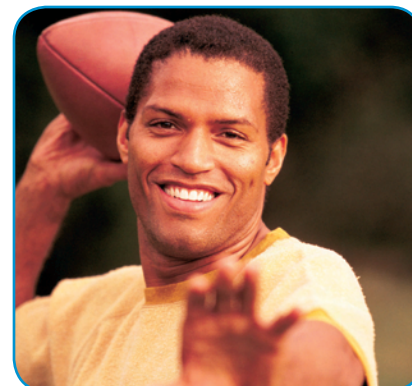
The Connections Health Management Program is available to you at no additional cost and can help you get the support you need to better manage your health. You'll get caring support from a Health Coach, who is ready to listen and help you.

Call today!



**Independence
Blue Cross**

“I have diabetes but just found out I have a heart problem, too. How should I change my diet? Can I still exercise?”



“My husband just got home from the hospital after a heart attack. I don't understand his medicines and need help understanding our doctor's instructions.”



“My son was just diagnosed with asthma. Can he still play on his Little League team?”



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