

ConnectionsSM Health Management Program

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

- health coaches available 24/7 to answer all your health-related questions;
- information to help you prepare for your next doctor's visit;
- educational resources available through www.ibxpress.com, video, audio, and home mailings.

The Connections Health Management Program is offered at no additional cost to you. Health Coaches can help you work with your doctor to make informed, confident health decisions. You'll get caring support from a Connections Health Coach, who is ready to listen and help you.

Call today!

"I was just diagnosed with breast cancer, and I want to find out more information."



"I've always had a bad knee and my doctor wants to schedule surgery. What are my options?"



"I just got my PSA test result back, and I am not sure what it means."



**Independence
Blue Cross**

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