



Make the call and make your health a priority

Your designated Registered Nurse Health Coach can get you the answers, support, and help you need to make informed decisions about your health.

A Health Coach can help you:

- Better understand your diagnosis
- Learn about your condition
- Actively manage your health
- Make lifestyle choices that can reduce your health risks
- Learn self-care skills and how to follow your treatment plan
- Prepare for visits and discussions with your doctor
- Weigh the pros and cons of important decisions using evidence-based information
- Address everyday health concerns

A Health Coach might even call you

Depending on your health, your designated Health Coach may call you to offer assistance and resources to help meet your needs. We encourage you to take the call and discuss these opportunities with your Health Coach.

Coaching is free, confidential, and voluntary

There is no charge to talk with a Health Coach. All information shared during your phone conversations with your Health Coach is confidential and there is no obligation to participate. If at any time you do not want to participate in coaching conversations, simply tell your Health Coach. Your Health Coach will make no further attempt to contact you.

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



Make the call

Talk to your designated Health Coach and find out how they can help.

To speak with an available Health Coach 24/7, call **1-800-ASK-BLUE (1-800-275-2583) (TTY: 711)**.*

Stay on top of personal health information and get screening reminders, health tips, and more!†

Visit ibx.com/getconnected or text **IBX** to **77576** to sign up.



*This is a free and confidential service.

†Standard message and data rates may apply. Text STOP to stop and HELP for help. Terms and Conditions available at myhelpsite.net/ibx. Notification messages within IBX Wire™ are sent via automated SMS. Enrollment in IBX Wire™ is not a requirement to purchase goods and services from IBX.

This plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Spanish: ATENCIÓN: Si habla español, cuenta con servicios de asistencia en idiomas disponibles de forma gratuita para usted. Llame al 1-800-275-2583 (TTY: 711). Chinese: 注意：如果您讲中文，您可以得到免费的语言协助服务。致电1-800-275-2583。