

Social Health Coaching

YOU ARE **STRONGER THAN**  **YESTERDAY**



YOU'VE GOT THIS!

If you are struggling with a health concern, we can help. Blue Cross and Blue Shield of Louisiana has a social health coach who can offer support and encouragement on your path to healing.



Louisiana

YOU ARE **STRONGER THAN**



ANY DIAGNOSIS

Blue Cross has a social health coach who works with members like you to:

- Explore your health concerns and help you find the right care
- Cope with any health issue or diagnosis
- Find social health resources or organizations in your area that can help you with prescription payments, getting medical equipment or transportation
- Connect with support groups, classes or other community resources
- Get support if you are caring for a loved one with a long-term illness or health condition

Our Blue Cross social health coach can also help you find Louisiana behavioral health care providers or services if you are from another state and need guidance.

The social health coach can send you educational materials by mail or email.

If you have questions about whether or not it would help you to speak with our social health coach, talk to your doctor.

LET'S TAKE THIS JOURNEY TOGETHER!

Call 1-800-317-2299, Monday through Friday between 8 a.m. and 5 p.m. (closed on office holidays).

To learn more about our our social health coach and other clinical staff, visit **www.bcbsla.com**.