

We know you are stronger  
than any disease or diagnosis.

And we'll work with you to keep you strong. Through our Care Management programs, we can offer you the assistance and expertise of nearly 200 in-house clinical professionals – including nurses, dietitians and social health coaches.

Our health coaches may work with you in between office visits with your doctor/healthcare provider and give you support, information and encouragement to stick to your care plan.

Let's take this  
journey together!

**Call 1-800-317-2299**

**Monday – Friday 8 a.m. until 5 p.m.**

*(except office holidays).*

You can call for yourself or to refer another family member covered on your Blue Cross and Blue Shield of Louisiana plan. Your doctor/healthcare provider can also refer you to our Care Management health coaches.

If you already participate in one of our programs but no longer wish to participate, let us know by calling this number.

Blue Cross health coaches may reach out to you if you've been referred or if we have identified that you may be eligible for our programs.

[www.bcbsla.com/stronger](http://www.bcbsla.com/stronger)

YOU ARE **STRONGER THAN**  YESTERDAY

# Care Management Programs



SUPPORTING YOU ON YOUR  
JOURNEY TO OPTIMAL HEALTH



Louisiana

## WE WANT TO HELP

Your health is important to us. Our health coaches want to support you in leading a fuller, healthier life.

If you have been diagnosed with a serious or long-term health condition, call us to find out how we can help you through our Care Management programs.

We can talk with you about your health needs and medical history to find a Care Management program that is right for you.

## WHAT IS A HEALTH COACH?

A health coach is a Blue Cross nurse, dietitian or social health coach who will work with you to set and reach personal goals for your best health.



## SUPPORT FOR YOUR HEALTH CONCERNS

Our health coaches can help if you have:

- Chronic diseases like asthma, heart disease or diabetes
- Rare conditions
- High-risk pregnancy
- Organ/tissue transplant
- Serious injuries
- Cancer
- Obesity
- Depression
- And more!

## HOW WILL HEALTH COACHES HELP ME?

We will help you work toward your health goals, no matter what the size. Health coaching is personalized, and we will assist you with your unique needs.

Our health coaches will:

- Offer tips to stick to the treatment plan your doctor/healthcare provider made for you
- Share information or educational materials about your health condition
- Work with you on areas where you want to make changes, such as quitting smoking, exercising, eating healthy or getting preventive care
- Coordinate care working with you and/or your doctor's office, to make it easier for you to find in-network providers for services you need
- Send you preventive and wellness care reminders, sometimes along with your doctor's office

Learn more about the ways our health coaches can help you be stronger at [www.bcbsla.com/stronger](http://www.bcbsla.com/stronger).

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ANY DIAGNOSIS