

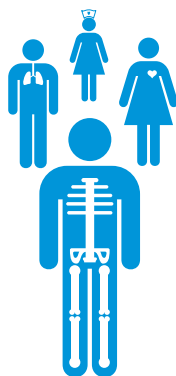
# Nurse support to be your healthiest and feel your best – at no additional cost

## We're here to help

Having a chronic condition can be complicated, so we're here to support you. If you have a chronic condition, our programs can help you improve your quality of life by showing you how to take an active role in managing your health.

### You may be interested if you have one of these conditions:

- **Diabetes**
- **Coronary artery disease (CAD)**
- **Heart failure**
- **Asthma**
- **Chronic obstructive pulmonary disease (COPD)**



Our programs give you access to a nurse who will work closely with you one-on-one to answer your questions. Other features include in-person (where available) or online self-management workshops, self-management tools, interactive online tools and educational materials.

### Our programs can help you:

- Reach your goals – big and small – whether it's breaking a two-pack-a-day habit, eating healthier foods, shedding extra weight or being more active
- Monitor your symptoms
- Understand your medications and how to take them correctly

- Prepare for your doctor appointments and take recommended screening exams and tests
- Keep your doctor updated on your condition

Our programs are personal, confidential and available to you at no additional cost. They can help you better understand and manage your chronic condition through coaching and support, in addition to our educational resources and online tools. Our online Care Center makes it quick and convenient for you to find resources. Plus, you can communicate with your nurse care manager through secure messaging and text reminders.

We're here to support you. If you have one of these health conditions, we may be calling you to offer our help. Or call us at **(866) 954-4567** to learn more or get started.

Call us toll-free at **(866) 954-4567**. If you are hearing- or speech-impaired, please dial 711 for the relay service in California. For more information or to enroll online, just log in to **blueshieldca.com/carecenter**.

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