

# Blue Care Connection<sup>®</sup>

Helping you live a healthier life

**Need a boost to reach your health and wellness goals? Blue Care Connection can help! It's a free program with AcademicBlue student health insurance coverage.**

**Health Assessment (HA)** – Complete the online, confidential HA and then you can receive a personal report that helps you understand your current health status and risks

**Fitness Program** – Take advantage of a discounted gym membership to a nationwide network of fitness centers

**24/7 Nurseline** – Around the clock, toll-free access to registered nurses for health information

**Lifestyle Management Programs** – Provide tools and information which may help you lose weight, quit smoking or reduce your risk for developing heart disease, stroke or diabetes

**Utilization Management** – You and your doctor can obtain information about your benefits and easily navigate the health care system to help you maximize your benefits for covered services



## Want to know more?

Log in to Blue Access for Members<sup>SM</sup> (BAM). Just go to [bcbstx.com](http://bcbstx.com) and click on "Log in." You also can contact us at the number on the back of your BCBSTX ID card. If you don't have your ID number, you can get it by logging in to BAM.

## Blue Care Connection

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**Health Education and Support** – There are tutorials on more than 170 health topics available online or by mobile device through your Blue Care Advisor. Many tutorials are available in Spanish as well

**Special Beginnings<sup>®</sup>** – Maternity program offering expectant mothers ongoing support and education from prenatal to postpartum care, including convenient online and mobile tools and educational materials

**Behavioral Health** – Licensed behavioral health professionals help you access services and offer support with co-existing medical conditions and disorders such as anxiety, depression, etc.



## Blue Access Mobile<sup>SM</sup>

New Healthy Tips by Text offer a variety of convenient and secure reminders and tips to help you improve your health, including:

- Prescription reminders
- Heart healthy diet tips
- Basic care management tips
- Fitness and exercise tips

To use texting features, you must be registered for BAM and elect to participate through your BAM User Profile.

**Visit [bcbstx.com/mobile](http://bcbstx.com/mobile) for more information.**