

Blue Care Connection[®]

Helping you live a healthier life

Need a boost to reach your health and wellness goals? Blue Care Connection can help! It's a program offered at no additional cost when you have **AcademicBlue** student health.

Health Assessment (HA) – Complete the confidential HA online and 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 – Tools and information that 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 make the most of your benefits for covered services.



Want to know more?

Log in to Blue Access for MembersSM (BAM). Just go to **bcbstx.com** and click on "Log In." You also can contact us at the number on the back of your Blue Cross and Blue Shield of Texas (BCBSTX) ID card. If you don't have your ID number, you can get it by logging in to BAM.

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

Special Beginnings[®] – 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.



Text Tips and Reminders*

With AcademicBlue, you can sign up to receive 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.

You can opt-out of BCBSTX Text Messaging (SMS) programs at any time by texting "STOP" to cancel. A confirmation message will be sent back to you.

Visit **bcbstx.com** for more information.