



## Create a Plan for Better Health

**Great  
Expectations®**  
*for health*

If you have a heart condition like heart disease, heart failure, high blood pressure or high cholesterol, Great Expectations® *for health* can help. As a member of our program, you will learn to manage your symptoms and prevent complications so you can keep doing the things you enjoy. Ready to get started?

### Enrolling

If you are identified for the program, we will automatically enroll you at no charge. Or you can self-enroll by calling **855-838-5897**.

As a member of the program, you have FREE access to a personal care manager. To connect with a care manager, call us at **855-838-5897** and select option 2.

#### Your care manager will:

- Help you identify barriers to reaching and maintaining your health goals.
- Personalize your plan for better health.
- Help you find a doctor if you don't have one.
- Help you get the most out of your health benefits.

#### You will also get:

- Information about how we cover your condition.
- Educational materials about heart health and reminders of recommended screenings.

To learn more and meet some of our care managers, visit [www.BlueChoiceSC.com/GreatExpectations](http://www.BlueChoiceSC.com/GreatExpectations).

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.