



Reach And Maintain Your Health Goals

If you have a chronic condition like asthma, diabetes, chronic kidney disease, migraine, chronic obstructive pulmonary disease (COPD), 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 to help you live your best life. 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](tel:855-838-5897).

As a member of the program, you have FREE access to a personal health coach. To connect with a coach, call us at [855-838-5897](tel:855-838-5897) and select option 2.

Your health coach will:

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

You will also receive:

- Information about how we cover your condition.
- Telephone access to nurses to answer your questions or for counseling.
- Educational materials about your condition and reminders for recommended screenings.

To learn more and meet some of our coaches, visit www.BlueChoiceSC.com/GreatExpectations.

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



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