



Plan For Better Health

Great Expectations *for Metabolic Health* can help improve your health and prevent conditions like heart disease and diabetes. Those with a history of the following conditions may benefit from health coaching:

- A diagnosis of pre-diabetes
- Glucose intolerance
- Metabolic syndrome (associated with being overweight or obese)
- Polycystic ovary disease
- A history of gestational diabetes
- Other conditions by physician referral

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 also have access to:

- Education about your condition.
- Pre-diabetes education at a participating diabetes education center if applicable.
- Our Weight Management program.
- A tobacco-cessation program if applicable.

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.