

Achieve  
Better Health

# Make the call

and talk to your designated  
Registered Nurse Health Coach



Whether you have a general health question, need help managing a chronic health condition like diabetes, or have a more complex health situation like cancer, support from an Independence Blue Cross Health Coach is just a phone call away. All calls with your Health Coach are completely confidential, and Health Coaches are available 24/7, whenever you need their help.

## What is a Health Coach?

An Independence Blue Cross Health Coach is a registered nurse whom you can call to discuss health concerns and get the help and support you need to reach your health goals. Health Coaches are available 24/7, and all calls are completely confidential. Health Coaches may also call you to offer you help.

## How can a Health Coach help?

Your designated Health Coach can help you:

- Manage a chronic condition like asthma, diabetes, or heart disease
- Cope with a serious illness, like cancer or a stroke
- Prepare and coordinate services for a planned admission or procedure
- Review your doctor's discharge instructions with you
- Answer questions related to health issues, treatment instructions, tests, or procedures
- Understand your medications, and why and how to take them
- Work with you and your doctor to address health concerns

\*This is a free and confidential service.

†Standard message and data rates may apply. Text STOP to stop and HELP for help. Terms and Conditions available at [myhelpsite.net/ibx](http://myhelpsite.net/ibx). Notification messages within IBX Wire™ are sent via automated SMS. Enrollment in IBX Wire™ is not a requirement to purchase goods and services from IBX.

## Make the call today!

To speak with an available Health Coach 24/7, call **1-800-ASK-BLUE (1-800-275-2583; TTY: 711)**.\* When prompted for a call reason, say "Health Coach."

**Stay on top of personal health information, screening reminders, health tips, and more!†**

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