

Did you know?

Personalized resources are available to you – at no additional cost.



FLORIDA

An Independent Licensee of the
Blue Cross and Blue Shield Association



Did you know that if you or your child wake up during the night with a fever, you have access to a nurse for advice?

Are you a mom-to-be who would like to join Healthy Addition — a program designed to help you have a healthy pregnancy?

Nurses and Health Coaches are available 24 hours a day, every day at **(877) 789-2583**.

To join Healthy Addition, call **(800) 955-7635, Option 6**.



Did you know that a health assessment can give you a clearer picture of your overall health?

In just 15 minutes, you'll find out what steps you can take to reduce your risks for a heart attack, stroke and other serious conditions.

Log in to **MyBlueService** at **bcbsfl.com** to take WebMD's Personal Health Assessment or meet with a nurse, in person, at a Florida Blue center.

Go to **floridablue.com** for locations.



Did you know that if you're planning a medical procedure or dealing with a health condition, such as diabetes or COPD, you can get personalized help from a nurse?

Our Care Consultants are experts when it comes to connecting you with a dedicated nurse, explaining quality care and treatment options, and helping you save money along the way.

Our Care Consultants and nurses are waiting to help you. Call **(888) 476-2227**, or stop in a Florida Blue center.

Go to **floridablue.com** for locations.