

Enroll in a disease or wellness management program today

## Personalized support

At Blue Cross and Blue Shield of Kansas, we have telephone-based disease and wellness management programs designed to help you improve your quality of life and overall health. When you enroll in one of the following programs, we will provide **one-on-one support, coaching and education** through regular telephone calls.

- Asthma<sup>1</sup>
- COPD
- Diabetes<sup>1</sup>
- Heart disease
- High blood pressure
- High cholesterol
- Maternity<sup>2</sup>
- Stress management
- Tobacco cessation<sup>2</sup>
- Weight loss

Our registered nurses can help you:

- Better understand your health risks and possible complications
- Make healthy lifestyle choices
- Improve communications with your healthcare team (doctors, nurses and others)
- Make informed health decisions

<sup>1</sup> Ages 5+

<sup>2</sup> No age restrictions

## Health education

Knowledge is power! During routine calls, registered nurses will gather your health information and send you educational materials that will help you take an active role in your health and healthcare.

## No additional cost

Our programs are provided at no additional cost to your existing health plan and will not affect your benefits. You can participate if you are an enrolled member and have Blue Cross and Blue Shield of Kansas as your primary health insurance carrier.



### Enroll today!

Visit [bcbsks.com/Enroll](https://bcbsks.com/Enroll)  
or call **800-520-3137**

Participation in the program is completely voluntary. You may choose to discontinue participation in the program at any time. Participation in the program will not affect any health insurance benefits. **State of Kansas, Stormont Vail Health and Spirit AeroSystems employees should inquire about disease management program opportunities with their employer.** For additional program details refer to the Member Rights & Responsibilities located at the bottom of [bcbsks.com/DM](https://bcbsks.com/DM).

Visit us at [bcbsks.com](https://bcbsks.com)

