



# Blue Care Connection<sup>®</sup>

## Helping You Live a Healthier Life

Sometimes managing your health requires more than doctor visits, lab tests and prescriptions. Blue Cross and Blue Shield of Montana (BCBSMT) offers the following resources through Blue Care Connection, a program to help you and your covered family members reach your health and wellness goals.

### Blue Access for Members<sup>SM</sup>

For personalized information about your health care benefits and coverage, log in to Blue Access for Members at [bcbsmt.com](http://bcbsmt.com).

- **Health Assessment (HA)** – Complete the online, confidential HA and then you can receive a personal report that helps you understand your current health status and risks
- **Fitness Program** – Take advantage of a discounted gym membership to a nationwide network of fitness centers
- **24/7 Nurseline** – Call 877-213-2565 for around the clock access to registered nurses for health information
- **Utilization Management** – You and your doctor can obtain information about your benefits and easily navigate the health care system to help you maximize your benefits for covered services
- **Total Health Management** – Build a relationship with your Primary Care Provider by scheduling your preventive screening. Take your THM form to your physician to fill out and then submit it to BCBSMT for processing. THM helps you receive recommended health screenings, potentially early detection or diagnosis, understand your health status, and be eligible for an incentive through your employer for participation.
- **Condition Management** – Can help you manage your chronic medical condition, change unhealthy behaviors and stay as healthy as possible
- **Health Education and Support** – There are tutorials on more than 170 health topics available online or by mobile device through your Blue Care Advisor. Many tutorials are available in Spanish as well
- **Healthy Tips by Text** – Receive secure text messages on such topics as diabetes prescription drug reminders, blood sugar reminders, coronary artery disease care management and diet tips, as well as exercise and fitness tips
- **Special Beginnings<sup>®</sup>** – Maternity program offering expectant mothers ongoing support and education from prenatal to postpartum care, including convenient online and mobile tools and educational materials
- **Case Management** – Case managers, registered nurses with specialized training and clinical experience, help you navigate complex medical situations and access the services you need
- **Behavioral Health** – Licensed behavioral health professionals help you access services and offer support with co-existing medical conditions and disorders such as anxiety, depression, etc.



[bcbsmt.com](http://bcbsmt.com)

\*These resources can help you plan and manage your health, but they do not replace the care of a doctor. To get the most out of the Blue Care Connection program, discuss the health information you receive with your doctor.