For nearly 75 years, Blue Cross and Blue Shield of Montana (BCBSMT) has provided health care coverage for Montanans.

If you are a BCBSMT member and get a call from Blue Care Connection, it isn’t a sales call – we are calling to help you better manage your health. Our registered nurses and health professionals are here to support you and your covered family members with:

• Managing chronic conditions like diabetes, asthma, heart disease, back pain and more
• Losing weight or quitting tobacco
• Getting the care needed for injuries or other serious illnesses
• Having a healthy pregnancy and baby

To protect your privacy, when we call we will ask you for information, like your name, date of birth or home address, to make sure that we are talking to you. Any information you provide to BCBSMT is private and confidential and will not be shared with your employer.

We look forward to helping you.