



## Condition Management

Chronic health conditions often require patients to take on a variety of self-care responsibilities such as home testing and monitoring, administering medication, complying with diet plans, attending doctor appointments, and following exercise programs.

### Capital Blue Cross is here to support you

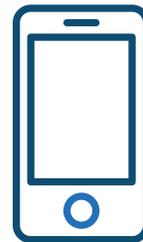
Through our free condition management programs, specially trained care managers provide important education to help you manage your condition, and personalized one-on-one support by phone to help you follow the treatment plan prescribed by your doctor.

### Programs are available for these chronic conditions:

- Asthma.
- Congestive Heart Failure (CHF).
- Coronary Artery Disease (CAD).
- Diabetes.

### Condition management services include:

- One-on-one support by phone provided by specially trained care managers (including registered nurses, licensed practical nurses, registered dietitians, licensed social workers, and professional health coaches).
- Educational materials to increase your knowledge about your condition and your treatment.
- Self-management techniques.
- Information on healthy lifestyle habits.



For more information or to enroll in a free condition management program, call **888.545.4512 (TTY: 711)** or the member services number on the back of your ID card.

You can also learn more by logging in to your secure account at **CapitalBlueCross.com**.

# Tools to Help You Manage Your Health

Register at [CapitalBlueCross.com](https://www.CapitalBlueCross.com) to access these valuable resources.



## Find a Doctor

Find in-network doctors, hospitals, pharmacies, and labs. Plus, compare treatment costs to help you save money on your healthcare.



## Live Healthy

Online tools and wellness programs designed to help you live healthy.



## Blue365® Discounts

Discounts to popular gyms, retailers, and services.



## VirtualCare\*

Welcome to a whole new way to see a doctor by live video using a smartphone, tablet, or computer. Get treatment for common conditions, such as sinus infections, flu, and pink eye. You can also make appointments with behavioral health professionals, and registered dietitians or nutritionists for nutrition counseling.

[CapitalBlueCross.com](https://www.CapitalBlueCross.com)



\* If offered through your plan.

Customers can take advantage of these programs at no cost. Participation is completely voluntary and is based on your current enrollment and benefits. Your benefits will not be affected if you decide not to participate or if you withdraw from a program after you have enrolled. This program is not intended to be a substitute for services or advice received from your health care providers who are the only ones that can diagnose or treat your individual medical conditions. Capital Blue Cross and its affiliated companies believe this service to be useful for general information or support but do not assume any liability associated with its use.

The Blue365® program is brought to you by the Blue Cross Blue Shield Association. The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and/or Blue Shield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital Blue Cross and its family of companies, its contracts with Medicare, or any other applicable federal healthcare program.

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