



As a Blue Cross member, you can get personalized 'one-on-one' help!



Find out how by calling your BlueCare Health Advocate today!



TAKE ADVANTAGE
OF A VALUABLE
RESOURCE
AVAILABLE
TO YOU.



Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association.

Nothing is more important than your health.

Blue Cross and Blue Shield of Alabama wants to help you stay informed and involved in your healthcare decisions.

You may receive a call from a health professional to discuss recommended health screenings and tests that could benefit you. The results can give you and your doctor valuable information about your health. The health professional can also tell you about other Blue Cross health programs that are available at no charge.

In addition, you can log in to *myBlueCross* at **AlabamaBlue.com** to view your personal Care Reminders.



WAYS A HEALTH ADVOCATE CAN ASSIST YOU:



Help you locate a doctor or specialist and schedule appointments for you



Explain your benefits

Research and resolve hospital and doctor billing issues



Assist in finding support groups and community services available to you and your covered dependents



Inform you about recommended health services



Help you engage with available health and wellness programs for you and your dependents

BlueCare Health Advocates can help you with these topics and more.

What can a BlueCare Health Advocate do for me?

BlueCare can save time and alleviate the stress of navigating a sometimes confusing healthcare system.

Your BlueCare Health Advocate serves as a coach and advisor to you and your covered dependents.

A Health Advocate can guide you through your questions, resolve your problems, and research issues concerning many of your healthcare needs.

CALL US with your questions!

Call the customer service number on the back of your Blue Cross identification card for details.



We're here to help.