

Are you managing  
your chronic  
condition or is it  
managing you?



**BlueCross BlueShield  
of Oklahoma**

**Call Condition Management if  
you or any of your covered family  
members have:**

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)
- Depression
- Diabetes
- Low back pain

### Take control and be the boss of your health

If you have a chronic condition, managing your health better can pay off later on. So take the first step to a healthier tomorrow and join the Condition Management program.

Condition Management is available to you and your covered family members through your Blue Cross and Blue Shield of Oklahoma (BCBSOK) benefits at no additional cost. It's easy to join; just call 866-670-6681 and select "Blue Care Connection" to enroll.

#### **A Blue Care Advisor<sup>SM</sup> will call you**

A Blue Care Advisor is a licensed clinician with special training to help you manage your health condition. Your Advisor will schedule regular phone calls with you to try to help you set and reach health goals.

You will work together to figure out if there are any obstacles to taking better care of yourself and how to overcome them. Your Advisor will also work with your doctors to make sure you are getting the care you need.



BlueCross BlueShield  
of Oklahoma



83% of members who participated in the Condition Management program remained stable or improved.\*

\* Internal data analysis: Condition Management severity level measured initially in January 2013, final severity level measured June 2014

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

### Rather do it online? No problem! Visit [careontarget.com](http://careontarget.com).

Care onTarget®, our condition management website, is available whenever you are. It provides you with these tools to try to help you better manage your chronic condition:

**Take a Condition Assessment:** Just answer some basic questions about your health. You can take assessments for asthma, coronary artery disease (CAD), diabetes, depression and more.

**Watch Online Health Tutorials:** Based on your assessment answers, Care onTarget will suggest online tutorials that may help you better understand your health needs and take a more active role in your care.

**Find Health Resources:** This section can help you access useful information from well-known sources such as the National Institutes of Health and the Centers for Disease Control and Prevention.

**Live Chat with a Clinician:** Have a question about your health? Chat with a clinician Monday through Friday, 8:30 a.m. to 5 p.m. Central time (excluding holidays).

**Getting your chronic condition under control may help you be healthier in the years to come. Call 866-670-6681 and select "Blue Care Connection" today to join the Condition Management program, or visit [careontarget.com](http://careontarget.com) and start a live chat with a clinician.**

**Blue Care Connection**