

Another member service brought to you by Blue Cross Blue Shield of Arizona that may:

- **Improve your health**
- **Reduce health related costs**
- **Give you more energy to do the things you enjoy**



An Independent Licensee of the Blue Cross and Blue Shield Association



Health Condition Support

If you need help managing your condition, call to enroll in any of the following programs:

- **Diabetes**
- **Asthma**
- **Chronic Obstructive Pulmonary Disorder (COPD)**
- **Coronary Artery Disease**
- **Congestive Heart Failure**

These programs give you access to educational and support materials. You can also talk one-on-one with a nurse over the phone, to help you understand your health condition, and make decisions to control it.*

Help is just a phone call away.



866-422-2729



Click to get more information:
azblue.com/HealthyBlue



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BlueShield
of Arizona**

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*Availability of services and programs will vary. Some programs may not be available to all members. Certain services are provided by an independent contractor of BCBSAZ to provide health enhancement services to BCBSAZ members.