

Be your  
healthiest  
you!



**BlueCross BlueShield  
of Texas**

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

[bcbstx.com](http://bcbstx.com)

**Blue Care Connection®**

48944.1215

Are you looking for help to try to become healthier, manage your weight or quit tobacco? Our three Lifestyle Management Programs are here to help you make health changes.

When you join one of our Lifestyle Management Programs, Metabolic Syndrome, Tobacco Cessation or Weight Management, you are assigned a Lifestyle Management Specialist. Through telephone coaching sessions, you and your Lifestyle Management Specialist come up

with a personalized plan to help you to reach your goals. During regular coaching sessions, you'll be shown how different choices may affect your health and get the support you need. You can also take online courses at your own pace to learn more.

**To enroll, call 866-412-8795 and choose Lifestyle Management.**