

Be your  
healthiest  
you!



**BlueCross BlueShield  
of Illinois**

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

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

**Blue Care Connection®**

Do you want help trying to become healthier, manage your weight or quit tobacco? Our three Lifestyle Management Programs may have just what you need.

When you join one of our Lifestyle Management Programs – Metabolic Syndrome, Tobacco Cessation or Weight Management – you'll be assigned a health care professional known as a Lifestyle Management specialist. Through telephone coaching sessions, you and your

Lifestyle Management specialist will come up with a personalized plan designed to help you reach your goals. During regular coaching sessions, you'll learn how different choices may affect your health, and you'll get the support you need.

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