

Chronic Condition Management

Scan for information on free language assistance services.

When you have a chronic health condition, it can be a struggle just to get through the day. Following a doctor's care plan is vitally important to improve quality of life and lessen future complications.

That's why Blue Cross clinicians offer one-on-one support to help those with a chronic health condition stay on track with care plans.

Together with your Blue Cross clinical team, you will:

- Learn about effective self-management techniques
- Coordinate care across your entire attending team
- Ensure medication and care plan compliance
- Identify lifestyle change opportunities
- Connect with community resources

The program focuses on specialized conditions including:

- Asthma
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure
- Coronary Artery Disease
- Diabetes (Types 1 and 2)
- Musculoskeletal Pain

Get ahead of health complications!

Call **1-888-841-5741** 8 a.m. - 6 p.m. central time, to get started today. Participation is voluntary, confidential, and comes at no additional cost to you.

BlueCross BlueShield of Alabama

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