

# WHO'S CALLING?

Real people who are passionate about helping you manage your health!

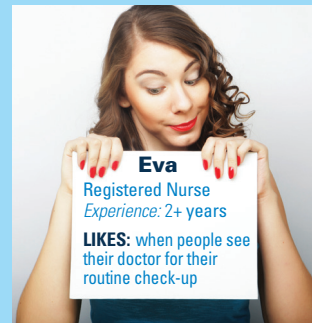
**Check your caller ID:** You may get an important call from Blue Cross Blue Shield of Arizona (BCBSAZ).\*

A dedicated Health Representative will help connect you to a Health Professional (including a Registered Nurse in most cases)!

\*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 and HealthyBlue® services to BCBSAZ members.



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**REAL  
PEOPLE  
WHO  
CARE**



People depicted are for illustrative purposes only.

# YOUR HEALTH MATTERS

Whether you are feeling sick, need help with diet and exercise, or have a condition like diabetes, we are here to help. Understanding your health can help you make decisions to better control it. And having the support you need may help you reach your health goals.

## What's in it for you:

- **May lead to improved health**
- **May reduce health related costs**  
(which may keep your family budget and your pocketbook happy)
- **May have fewer trips to the ER**  
(which is not where most people want to spend their time)
- **May give you more energy to do the things you enjoy**  
(and the things you need to do)

## Connecting is easy

You may receive a call from a BCBSAZ Health Specialist. Or, if you can't wait for our call, simply call us at **877-694-2583** and ask to speak to one of our Healthcare Representatives. They'll ask you a few health-related questions to ensure they understand your needs. Then you'll be connected to a Health Specialist. **It's that easy!** There is no additional cost to you. It's just one of the many programs we offer to eligible members.

We respect your privacy, and will not share your information.



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