As a BlueChoice HealthPlan Member, You Can Get the Support You Need to Make Healthy Lifestyle Choices.

Our Great Expectations *for health* programs can help teach you about your overall health, whether you:

- Are already healthy and active
- Have a chronic condition
- Are pregnant
- Have serious health challenges

Best of all, you can participate in these programs at no cost to you! We offer education and support for:

- Adult Attention Deficit Hyperactivity Disorder (ADHD)
- Asthma (adult and pediatric)
- Back Care
- Bipolar Support
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes (adult and pediatric)
- Healthy and Active Kids and Teens (childhood obesity)
- Heart Disease
- Heart Failure
- High Blood Pressure
- High Cholesterol
- Maternity
- Metabolic Health
- Migraine
- Moms Support Program
- Recovery Support Program
- Stress Management
- Tobacco Cessation
- Weight Management

If you have a complex health condition, we may contact you to participate in our Case Management program.

How to Enroll

If you are identified for the program, we will automatically enroll you at no charge. Or you can self-enroll by calling 855-838-5897.

How the Programs Work

After you enroll, you will receive information welcoming you to the program. You will also receive educational materials and phone calls when appropriate. If you have questions or need advice, you can call a health coach Monday through Thursday from 8:30 a.m. until 8 p.m., and Friday from 8:30 a.m. until 5 p.m. EST.

Some programs, such as diabetes, asthma and metabolic health, offer additional items like a free peak flow meter, a free glucose monitor and a free yearly diabetes office visit.

Focus on life. Focus on health. ***Stay focused.***

BlueChoice® HealthPlan
South Carolina

BlueChoice HealthPlan is an independent licensee of the Blue Cross and Blue Shield Association.

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