



**BlueCross BlueShield**  
of Illinois



# Make More of Today and All Your Days!

## Use These Programs to Help You Live Healthier

Taking one, small, first step can set you on a path to better health throughout your life. Whether you need support for a specific health issue or you're looking to boost your overall wellbeing, you'll have help along the way. Here are a few things you can do with the tools included with your health plan:

- Improve your mental health with digital programs for stress, depression, panic, resiliency and more
- Get help to manage your diabetes, high blood pressure or joint and spine pain
- Join a weight-loss or metabolic health program
- Download apps for support with fertility, menopause, pregnancy and parenting issues
- Talk with a nurse, any time, day or night
- Work with a coach or complete online programs to help reach your wellness goals
- Earn rewards for healthy activities
- Access a nationwide network of fitness centers\*
- Connect with a cancer nurse specialist to understand your care options



### Learn more about your health and wellness programs:

1. Go to **bcbsil.com**.
2. Register for Blue Access for Members<sup>SM</sup>.

These programs do not replace the care of a doctor. Talk to your doctor about any health questions or concerns.

\*Fees apply. Individuals must be at least 18 years old to purchase a membership. The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.

Blue Cross and Blue Shield 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

9101013.0125