

Health Care Help for You.



Sometimes managing your health requires more than doctors' visits, lab tests and prescriptions. Blue Cross and Blue Shield of Illinois (BCBSIL) Personal Health Clinicians are experienced registered nurses, pharmacists, dietitians, behavioral health professionals and social workers who are trained to help you understand your benefits and navigate the health care system.

A PERSONAL HEALTH CLINICIAN CAN HELP YOU:

- ✓ Keep up with doctors' appointments and other care-related activities
- ✓ Review your doctor's instructions
- ✓ Coordinate your care needs after an illness, procedure or surgery
- ✓ Know what to expect if you spend time in the hospital

DON'T WANT TO WAIT?

Call **1-877-239-7449**, 9 a.m. – 7 p.m. ET, Monday through Friday to speak with a BCBSIL Personal Health Clinician. This service is provided at no cost to you.

Remember!
WE ARE CALLING TO HELP.

If you receive a call from a BCBSIL Personal Health Clinician, please take the call.

*All Personal Health Clinicians' phone numbers will have the same first six digits, but the last four digits will be unique to each clinician (e.g., 630-824-XXXX).



We all have health concerns. BCBSIL programs can help.

24/7 NURSELINE

- ✓ Get answers to general health questions
- ✓ Receive decision support on where to go for care

Call the 24/7 Nurseline at **1-800-299-0274** today.

MEDICAL ALLY

- ✓ Locate the most qualified doctors and top-rated hospitals in your area
- ✓ Receive a second opinion on your diagnosis

Call **1-888-816-7906**, go to mymedicalally.alight.com or download the MyMedicalAlly app (use company code “Bimbo” to register for the first time).

LIVONGO® BY TELADOC HEALTH FOR DIABETES AND HYPERTENSION MANAGEMENT

- ✓ **Diabetes:** Receive a smart glucose meter and unlimited refills of strips and lancets
- ✓ **Hypertension:** Receive a wireless-connected blood pressure cuff
- ✓ Access live support from coaches and set up digital alerts

Contact Livongo by Teladoc Health at **1-800-945-4355** for more information.



Attn: Benefits Department
355 Business Center Drive
Horsham, PA 19044



All programs are confidential and provided at no cost to you. For more information on any of these programs, call **1-877-239-7449**.