Blue Cross/BlueShield 360 Health

The Blue Cross BlueShield 360 Health program focuses on preventative care and opportunities to improve health. Some resources are available to everyone and others are provided for BC/BS plan members only. Go to the Blue Cross/BlueShield website at www.bcbsga.com and click on Improve Your Health on the homepage to access the Healthy Living home page.

The Health Living webpage includes news, alerts and recalls, tools and calculators, health assessments, a newsletter, resources centers, condition information centers and health channels.

The web page is organized as indicated below:

**Get Guidance**

- **Health and lifestyle coach**-personal nurse or coach to help you maintain a healthy lifestyle as well as navigate health benefits.
- **Health lifestyles team**-team of health professionals to provide advice on improving your health
- **24/7 nurse help line**

**Manage Condition**

- **Condition Care**-Enhances doctor’s plan of care through a dedicated nurse and team of health professionals. For members with chronic conditions such as high blood pressure,
- **Condition Care Support Program**-Support for members with non-chronic health condition such as high blood pressure,
- **Condition Care Kidney Disease**-Support for members with kidney disease.
- **Comprehensive Medical Management**-One-on-one expert assistance to find and receive the right services and care. Personal advocate helps to ensure that benefits are used effectively.

**Videos**

- Well health
- Heart health
- Behavioral health
- Smoking cessation
- Stress
- Senior health
- Etc.