



# HEALTHY COMPANION™ PROGRAM

## Support for Chronic Health Conditions



### Education and support

Healthy Companion helps you understand your condition and treatment options with access to nurses, tools, resources and one-on-one support.

### Condition management

The level of support you receive from the program will be based on your needs and preferences. Our nurses may contact you occasionally to assist with your care plan, answer your questions and provide support and encouragement. Updates are provided to your doctor so they stay informed of your health status.

### Eligibility

Members who have been identified with any of the conditions listed below are automatically enrolled.

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes
- Heart Disease
- Heart Failure
- High Blood Pressure
- Metabolic Syndrome
- Stress and Anxiety

### HEALTHY COMPANION TOOLS AND RESOURCES



EDUCATIONAL REMINDERS



ONLINE TIPS



CLINICAL SUPPORT



CALL: **816-395-2076** | Toll Free **1-866-859-3813**

EMAIL: [HealthyCompanion@BlueKC.com](mailto:HealthyCompanion@BlueKC.com)

**If you have recently been diagnosed with one of these chronic conditions and would like to sign up for immediate support, contact the Healthy Companion team of clinical professionals.**