

YOUR HEALTH MATTERS

PERSONAL SUPPORT TO MANAGE YOUR HEALTH

If you have a chronic health condition, the Healthy Companion™ program at Blue Cross and Blue Shield of Kansas City (Blue KC) is staffed with nurses who can help you reduce risk factors, improve your health and help you manage your health goals.



EDUCATION & 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

If you have recently been diagnosed, and would like to sign up for immediate support, contact Healthy Companion.



HEALTHY COMPANION TOOLS & RESOURCES



Newsletters



Educational Reminders



Online Tips



Clinical Support

For More Information or to Schedule a Call with a Nurse 

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

EMAIL: HealthyCompanion@BlueKC.com



Kansas City

