



Plan for Better Health

Great Expectations®
for health

Great Expectations® *for Healthy Lifestyles* can help improve your health and prevent conditions like heart disease and diabetes. Those with a history of these conditions may benefit from connecting with a care manager:

- Prediabetes
- Glucose intolerance
- Metabolic syndrome associated with being overweight or obese
- Polycystic ovary disease
- Gestational diabetes
- Other conditions by doctor referral

Enrolling

If you are identified for the program, we will enroll you at no charge. Or you can self-enroll by calling **855-838-5897**.

As a member of the program, you have free access to a personal care manager. To connect with a care manager, call us at **855-838-5897** and select option 2.

Your care manager will:

- Help you spot barriers to reaching and maintaining your health goals.
- Customize your plan for better health.
- Help you find a doctor if you don't have one.
- Help you get the most out of your health benefits.

You also have access to:

- Education about your condition.
- Prediabetes education at a participating diabetes education center if applicable.
- Our weight management program.
- A tobacco cessation program if applicable.

To learn more and meet some of our care managers, visit www.BlueChoiceSC.com/GreatExpectations.

Focus on life. Focus on health. *Stay focused.*



BlueChoice HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.