



Administered by
 BlueCross BlueShield
of Georgia



Two programs that can
help you get healthy and
stay healthy



Both programs come at no additional cost. Choose the support that is right for you.

Getting healthy. Staying healthy. It's a goal we all share. But each of us has different health needs and we each want to get support in a way that works best for us. That's why the **Blue Cross and Blue Shield of Georgia (BCBSGa) Personal Health Coach Program** and the **Sharecare** (formerly known as Healthways) **Well-Being Coaching Program** are offering State Health Benefit Plan (SHBP) members personalized support, health resources, coaching and much more.

Whether you're just staying the course and maintaining your good health, have a weight loss or fitness goal, need help managing an ongoing (chronic) condition, or have a medical question, we can help you over the phone or online to find the support that is just right for you.



Sharecare Well-Being Coaching Program

Well-Being Coaching helps you find opportunities to improve your well-being every day. Through convenient phone-based sessions, Well-Being Coaching guides you through healthy behavior changes by building on your strengths. The program is confidential, voluntary, and offered to you as part of your plan benefits at no additional cost to you. You decide if you want to participate and how involved you want to be. All calls are scheduled at your convenience and on your timeline.

With help from your Sharecare Well-Being coach, you can:

- Better understand and reduce your health risks.
- Get answers to your health questions.
- Find support to gain more control over your health.
- Take small steps to improve your health.
- Set goals to reach your healthy best.



BCBSGa Personal Health Coach Program

If you or any covered dependents have a chronic health condition, this program can help you better manage your health and keep your condition under control. The program is backed by a team of pharmacists, nurses, dietitians and exercise physiologists. It can connect you, your family and your doctors with a Personal Health Coach and other experts to help you reach your personal health goals and may even prevent hospital re-admissions. In addition, eligible members who enroll in the program for asthma, diabetes, or coronary artery disease (CAD) can get certain prescription drugs at no cost through the Pharmacy Co-Pay/Co-Insurance Waiver Program.

The BCBSGa Personal Health Coach Program can help you with:

- Managing chronic conditions like diabetes, asthma, treatments for certain types of cancer, COPD, heart failure, CAD and more.
- Finding answers to your medical questions by providing 24-hour telephonic access to registered nurses through the BCBSGa 24/7 Nurseline.
- Following your doctor's instructions on follow-up care and medications after a hospital stay or surgery.

The chart below shows some common examples for contacting each program

I need help with:	Who should you call?	
 <p>Types of Support</p>	 <p>Sharecare Well-Being Coaching Program BeWellSHBP.com 888-616-6411 Mon – Fri, 8 a.m. – 8 p.m. ET Sat 9 a.m. – 5 p.m. ET</p>	 <p>BCBSGa Personal Health Coach Program bcbsga.com/shbp 866-901-0746, option 3 Mon – Fri, 8 a.m. – 6 p.m. ET Nurseline: 24/7</p>
Earning well-being incentive credits	✓	
The RealAge test®	✓	
Coaching support for basic diet and exercise information	✓	
A coach to help with managing a chronic condition or medical diagnosis		✓
An interest in increasing strength and flexibility	✓	
Complex diet and exercise concerns related to a medical condition		✓
Overcoming acute eating disorders (anorexia, bulimia, binge eating)		✓
Losing weight through exercise and diet	✓	
Losing weight (BMI>30), when exercise and diet are not helping because of a medical condition		✓
Talking to my kids about physical activity and healthy eating	✓	
Motivation to maintain a current exercise program and suggestions for a regimen that's right for me	✓	
A nurse I can call 24/7 about my health questions		✓
The Pharmacy Co-Pay/Co-Insurance Waiver Program		✓
Low-back pain due to muscle strain		✓
Low-back pain with neurological or orthopedic cause		✓
Dietary and health support related to pregnancy	✓	✓
Specialized care for high-risk pregnancies		✓
Nutrition and exercise to assist with blood pressure and cholesterol management	✓	
Understanding and following with my doctor's care plan after surgery or hospital stay		✓
Taking more than seven prescriptions		✓
Day-to-day stress management techniques	✓	
Emotional or mental issues such as domestic violence, grief, depression, significant life change events		✓
Chemical/substance/alcohol dependency		✓
Stopping the use of tobacco	✓	

Important note: There are many more conditions covered by these health programs. If you do not see a health topic or issue listed that you would like to learn more about, please call either program and you'll be directed to the best one for you.