

PERSONALIZED SUPPORT FOR YOUR CARE JOURNEY

Get support from Team Blue Care Managers at no additional cost.

If you're dealing with new, ongoing, or worsening health concerns, our team of registered nurses, mental health specialists, and other health care professionals can help you understand your diagnosis and treatment plan, coordinate your care, and help you stay on track with your health.

IS CARE MANAGEMENT RIGHT FOR ME?

We're here when you need extra support, including if you're:

- Managing a chronic or complex condition like diabetes or cancer
- Recently discharged from the hospital or recovering from surgery
- In need of mental health support
- Pregnant or you recently gave birth

EXPERT SUPPORT THAT'S PERSONAL

Your Care Manager can:



Help you set and meet health goals



Answer questions about your care, medications, and treatment plan



Guide you to helpful resources and support



Coordinate your care with your providers



Scan this QR code to watch a short video about Care Management.

The support you need, just a phone call away

Talk to a Team Blue Care Manager today. Call **1-800-392-0098** and select option 1, Monday through Thursday from 8:30 a.m. to 8:00 p.m. ET, and Friday from 8:30 a.m. to 4:30 p.m. ET.

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association. * Registered Marks of the Blue Cross and Blue Shield Association. © 2023 Blue Cross and Blue Shield of Massachusetts, Inc., or Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc.

55-1417 002369757