



## Take the Call

---

If you're dealing with something health-related—a medical emergency, chronic condition like diabetes, or personal goal such as losing weight—you don't have to go it alone. CareFirst BlueCross BlueShield (CareFirst) is here for you.

As part of your medical benefits, you may receive a call from us (or a letter or postcard in the mail) telling you more about our personal, one-on-one health support programs that can help with whatever you're facing. These programs are confidential, and there's no obligation to participate. But if you decide to take part, you can choose how involved you want to be.

**We encourage you to “take the call” so you can take advantage of this personal support.**







*You don't need to wait for us to contact you.*

*If you would like to learn more about our one-on-one coaching and support programs, visit [carefirst.com/takethecall](https://carefirst.com/takethecall).*

## Confidential, one-on-one support

Below are a few examples of when we might contact you about our personal health programs.

	Program name	Overview	Why it's important	Communication
	<b>Health &amp; Wellness</b>	Personal coaching support to help you achieve your health goals	Health coaching can help you manage stress, eat healthier, quit smoking, lose weight and much more.	Letter or phone call from a <b>coach</b>
	<b>Care Management</b>	Support for a variety of acute and chronic medical conditions and health care concerns and/or supporting transition from hospital to home	Connecting you with a nurse who works closely with your primary care provider (PCP) or specialist to help you understand your doctor's recommendations, medications and treatment plans. The nurse may provide interventions and resources to help you independently manage your health care or transition safely from the hospital to home.	Introduction by PCP or a phone call from a <b>Registered Nurse Care Manager</b>
	<b>Pharmacy Advisor</b>	Managing medications for specific conditions	Understanding your condition and staying on track with appropriate medications is crucial to successfully managing your health.	Letter or a phone call from a <b>CVS Caremark pharmacy specialist</b>
	<b>Comprehensive Medication Review</b>	Managing multiple medications	Talking to a pharmacist who understands your medication history can help identify any possible side effects or harmful interactions.	Phone call from a <b>CVS Caremark pharmacist</b>
	<b>Specialty Pharmacy Coordination</b>	Managing specialty medications for chronic conditions	Connecting with a nurse who specializes in your condition provides additional support so you can adhere to your treatment plan for better health.	Letter or phone call from a <b>CVS Caremark specialty nurse</b>
	<b>Behavioral Health and Substance Use Disorder</b>	Support for mental health and/or addiction issues	Confidential, one-on-one support to help schedule appointments, explain treatment options, collaborate with doctors and identify additional resources.	Phone call from a <b>CareFirst behavioral health care coordinator</b>

CVS Caremark is an independent company that provides pharmacy benefit management services to CareFirst members. CVS Caremark does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the pharmacy benefit management services it provides.