

# HOW CAN FLORIDA BLUE HELP YOU?

## Care Coordination

When you need hospital care or have complex health care needs, our Care Coordinators are there to assist you and your family.

From handling benefits and approvals, to scheduling follow-up care and connecting you with health programs and resources, you'll have extra help so you can focus on getting well and staying well. Call **800-955-5692, option 3**

## Healthy Additions

Our Healthy Addition program is a prenatal education/early intervention program designed to provide expecting moms information for a healthy pregnancy and delivery. You can talk with nurses who will walk you through steps for a healthy pregnancy, birth, and baby. Enjoy free educational materials and complimentary gifts. To join, call **800-955-7635, option 6**

## Fitness Your Way by Tivity Health

Fitness Your Way can help you meet your fitness goals, on your budget and do it all on your own time. Fitness Your Way offers access to nearly 10,000 different fitness locations for just \$29 a month, as well as other health and well-being specialists and discounts. For more info, visit the **"Fitness Your Way" link on <https://www.blue365deals.com/> or call 888-242-2060**

## Care Consultants

Our Care Consultants can help you understand your chronic and long-term health conditions, plus help you explore your treatment options, so you're able to make the choices that are best for you.

Call **888-476-2227**



## 24/7 Nurse's Line

For advice 24 hours a day, 7 days a week, our Nurse's line is available for general health and prevention questions, or for education and support on medical issues like diabetes, heart disease or surgeries. Call

**877-789-2583**

## New Directions

New Directions Behavioral Health manages behavioral health services for Florida Blue. The behavioral health benefit includes coverage for mental health services, substance use treatment and more. To find the right doctors and treatment facilities for your unique needs or to confirm provider participation in your health plan network, visit [www.ndbh.com](http://www.ndbh.com) or call **1-866-287-9569**

## Blue365

Blue365 offers access to health and wellness deals exclusive to Florida Blue members. Take advantage of exclusive discounts at select local companies and leading, national brands for everyday health and wellness or family care. Visit <https://www.blue365deals.com/>

## Better You Strides

Better You Strides creates a Personal Health Itinerary for you—a custom-made plan with recommended actions to reach your health goals. Activities cover healthy eating, tips to move more and ways to feel happier. Tap into your Personal Health Itinerary from your smartphone, tablet or computer to track your progress or get support any time, anywhere. If you have questions or need help registering, call **855-337-8340.**

*\*\*If you have additional questions regarding programs offered by Florida Blue, contact the district's On-site Representative, Marlanna Platt at 772-564-3122 or [Marlanna.Platt@bcbsfl.com](mailto:Marlanna.Platt@bcbsfl.com)*