Healthy Companion™
Reduce Risk Factors and Improve Your Health

Are you or a covered family member living with a chronic condition? The Healthy Companion program is staffed with nurses and provides support tools to help you manage your health and achieve personalized goals.

**Healthy Companion Program**

The Healthy Companion program at Blue Cross and Blue Shield of Kansas City (Blue KC) provides a wide array of timely information, education and one-on-one support for members with the following conditions:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes
- Heart Disease
- Heart Failure
- High Blood Pressure
- Metabolic Syndrome
- Stress and Anxiety

**Program Components**

**SUPPORT** to help you understand your disease and treatment

**EDUCATION** and **COACHING** to empower you to make lifestyle choices that can improve your overall health

**POSITIVE DIALOGUE** between you and your doctor

**Strong Relationships**

Our program was designed to give you the tools and information you need to work with healthcare providers to create a care plan that is right for you. Healthy Companion updates are delivered to physicians on a routine basis. In addition, your doctor may be notified of your program participation, and when appropriate, Healthy Companion will work with healthcare providers to ensure you are receiving the best care.

**Participating in Healthy Companion**

Members who have been identified with any of the conditions supported by the program are automatically enrolled and will receive an educational welcome packet. If you have recently been diagnosed, and would like to sign up for immediate support, contact Healthy Companion.

*LIVE FEARLESS*  Blue Cross and Blue Shield of Kansas City is an independent licensee of the Blue Cross and Blue Shield Association.
Healthy Companion, continued

Live Healthy and Stay Healthy

- **Healthy Companion Newsletters** - Timely articles to keep you informed.
- **Educational Resources** - A variety of reliable resources and friendly reminders about medical care and tests to help you stay healthy.
- **Clinical Support** - The level of clinical support you receive is based on your needs. Our nurses may contact you from time to time to assist with your care plan, answer questions, and provide support and encouragement.

**Online Tools and Resources** - Our member website, MyBlueKC.com, includes many tips and resources to help you live a healthy lifestyle.

Support from a Blue KC Nurse

“I remember treating a woman who had been battling Type 2 Diabetes since the mid-1990s. I asked her about her health goals. She told me she wanted to be healthier. She wanted to move more easily without shortness of breath or fatigue. She wanted to be able to get down on the floor to play with her four-year old grandson. I was struck by the realization that for anyone suffering from a chronic disease, setting goals like this can seem so simple, yet are so crucial to their quality of living. I have found helping members set obtainable goals is key to living healthy with their disease.”

*Susan Evers, BSN
Blue KC Healthy Companion Nurse*

Member Experience

“There’s a history of diabetes in my family, so I knew I had a good chance of getting it. But I feel pretty lucky that it’s Type II Diabetes. It’s at least something I can manage on my own. I stopped drinking sugared drinks and with the support from a Blue KC nurse, I’ve been able to develop a maintenance plan focused on losing weight. I appreciate the help I’ve gotten from Blue KC. Without the calls from the nurse, I wouldn’t have known all the plan benefits I have that can help me better manage my diabetes.”

*Byron, Blue KC Member
Healthy Companion Program Participant*

WE WELCOME YOUR CALLS.

For more information or to schedule a call with a nurse, please call 816-395-2076 or toll free 1-866-859-3813, or send an email to HealthyCompanion@BlueKC.com.