

COMMITTED TO YOUR WELL-BEING



As a valued customer, your health is important to us. Capital BlueCross has many programs designed to help you along your journey of health and well-being.

Blue365®

- Healthy deals and discounts
- Savings on fitness, healthy eating, personal care, and more
- Registration is quick and easy

Case Management — 888.320.2583

- Available to customers with complex medical needs
- Support from a case manager who works with you and your doctor
- Assistance in identifying available medical, family, and community resources

Disease Management — 800.892.3033

- Support for customers living with heart failure, coronary artery disease, diabetes, and asthma
- Personalized one-on-one telephonic programs
- Receive education, support, and self-management techniques

Nurse Line — 800.452.2583, TTY: 711

- Call 24 hours a day, 7 days a week
- Staffed by experienced registered nurses
- Get information and support for any health-related concern

Capital BLUE 

Personal Profile

- Focuses on a variety of lifestyle behaviors such as weight management, stress and well-being, tobacco use, and much more
- Complete your free online Personal Profile by logging into capbluecross.com
- Access to custom online wellness programs, personalized goal-setting tools, and health encyclopedia

Precious Baby Prints® — 800.892.3033

- Support during pregnancy, delivery, and follow-up care
- Receive educational materials and advice
- Extra help from a maternity case manager for a pregnancy with special needs

All programs are voluntary and confidential, and there is no extra cost to you!

Stay connected on the go with the
Capital BlueCross mobile app.



Capital BLUE



capbluecross.com | capitalbluestore.com

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These health services are not a substitute for services or advice received from your health care providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross and its affiliated companies believe these health services provide useful information but do not assume any liability associated with them. If you have any questions about information provided through these services, please contact your health care provider. Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any health care service, please refer to your Certificate of Coverage or Evidence of Coverage or call Customer Service at the toll-free number on your member identification card.

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