



Better You From Blue: Next Steps Nurses and Health Educators provide FREE individualized health coaching to assist our members in making healthy lifestyle choices.

According to the Centers for Disease Control and Prevention, chronic diseases—such as heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States.

- Chronic diseases account for 70% of all deaths in the United States, which is 1.7 million each year.*

FREE health coaching sessions are offered for members to develop their personal wellness plan. These sessions are available in English, Spanish and Creole, and are offered by phone or at the work site.

Benefits of Health Coaching Sessions

- Provide assistance in making healthy choices to help:
 - o Develop healthy eating habits
 - o Achieve a healthy weight
 - o Increase physical activity
 - o Reduce stress levels
 - o Lower cholesterol
 - o Achieve healthy blood sugar levels
 - o Prevent high blood pressure
 - o Quit the use of tobacco products (smoking cessation programs are offered by phone and at the work site)
- Provide tools and resources to help reach wellness goals
- Provide information to empower members to make informed health care decisions

For more information or to enroll in the Better You from Blue: Next Steps program, please contact us by email at **NextSteps@bcbsfl.com** or by phone at **1-800-477-3736, ext. 54837**. TTY call 1-800-955-8771 or 711. We're available Monday - Friday, 8 AM to 5 PM EST.



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* www.cdc.gov/NCCdphp/index.htm

