



BlueCross BlueShield  
of Georgia

University System of Georgia Benefits



we provide · you decide

# Personal support when you need it most

## Your very own personal health consultant is just a call away

As part of your benefits, you have access to a trained professional dedicated to your specific health needs — at no cost! Your personal health consultant can discuss these needs with you and help you reach your health goals.

Get the support you need to:

- Make a plan of care so you can meet your goals, such as losing weight, eating better or quitting smoking.
- Understand what to expect if you spend time in the hospital and how to follow your doctor's plan of care when you come home.
- Arrange care if you need surgery or a procedure.
- Get advice from specialized medical professionals like dietitians or pharmacists.
- Handle a serious or complex condition and get the help you need.
- Answer questions about your family's health care needs.

Your personal health consultant can also recommend our other no-cost programs that can help you along the way. We may also reach out to you if we see the need and can help you.

**We're ready to lend a hand.  
Give us a call at the Member Services  
number on your ID card.**

