



## Team up with your own Personal Health Consultant

Tackle health hurdles together at no extra cost to you

When it comes to your health, a little extra support can help you go the extra mile. That's where your Personal Health Consultant comes in. There's no extra cost to work with a Personal Health Consultant, just extra one-on-one attention over the phone.

These nurses are dedicated to your personal care and can:

- Help you learn more about a health problem.
- Create a personalized action plan and set health goals.
- Support you on the road to getting and staying healthy.

Get personal support for ongoing health issues like:

- Asthma
- Diabetes
- Low-back pain
- Coronary Artery Disease (CAD)
- Congestive Heart Failure (CHF)
- Hypertension (high blood pressure)
- Chronic Obstructive Pulmonary Disease (COPD)
- Metabolic syndrome (this is when someone has several health problems at the same time, like high blood pressure, high blood sugar and unhealthy cholesterol levels which can raise the risk for more serious problems).

Your Personal Health Consultant helps you and your family with all of these needs, medical questions and more. Plus, they can connect you to a team of trained health professionals like dietitians, behavioral health specialists, social workers and pharmacists. Go ahead and call today!

**Your Personal Health Consultant  
is waiting for you**

Call **1-800-785-0006** to get started – it's  
all part of your health benefits with us.



**BlueCross BlueShield  
of Georgia**

University System of Georgia Benefits

