

# Be in charge of managing your health



When you have a chronic health condition – like diabetes, asthma, COPD, or congestive heart failure – you want to know your options so you can be in charge of your health. We can help.

## Our health condition management programs were designed so that you can:



WORK WITH A REGISTERED NURSE TO LEARN ALL ABOUT YOUR CONDITION



LEARN HOW YOUR MEDICATIONS WORK AND HOW TO TAKE THEM CORRECTLY



GET TIPS ON HOW TO PREVENT FURTHER HEALTH PROBLEMS RELATED TO YOUR CONDITION



SET HEALTH GOALS AND STAY ON TRACK TO MEET THOSE GOALS

**Informed. Empowered. Supported.**

FOR MORE INFORMATION, CALL **1-866-422-2729**.  
OR GET MORE INFORMATION AT **[azblue.com/HealthyBlue](http://azblue.com/HealthyBlue)**



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