Getting healthy has never been this easy. Introducing the new myBLUEPRINT4HEALTH, your 24/7 health and well-being concierge service

With your new myBLUEPRINT4HEALTH well-being concierge you can dial one convenient number for all of your health questions.

It's simple, just call 1-800-996-2057.

myBLUEPRINT4HEALTH makes navigating the health care system simpler and helps you create the best blueprint for better health—now and in the future. Experienced registered nurses are available to help with everything from your everyday health questions to offering support for a chronic condition - 24/7. Get the help you need with one simple call.

Speak with a nurse or wellness coach
If you are planning on adding to your family, are experiencing joint pain, have been diagnosed with cancer, want help losing weight or have a chronic illness we can help. myBLUEPRINT4HEALTH has a team of registered nurses and wellness coaches who specialize in each of these areas. You and your health are important, why face it alone when you can get personalized support?

What's in it for me?
The myBLUEPRINT4HEALTH team will provide you with the support you need to feel better and take control of your health.

How does it work?
The myBLUEPRINT4HEALTH team of registered nurses and wellness coaches will get to know you and connect over the phone at regular intervals to:

- Create a personalized action plan for your health condition
- Answer questions about your condition and help you feel more in control
- Better understand your symptoms and what to do if they get worse
- Get assistance finding a network physician, network specialist or community resources
- Review your medications and when to take them
- Help achieve your weight lose goals

Simply call 1-800-996-2057 and say “Nurse” to get started.