

## Whatever your health needs, our Lumenos plans can help you feel better.

Good health care means different things for different people, like these consumers:

- A 53-year-old with diabetes who worked with a Personal Health Coach and learned how to manage his condition, including visiting his doctor twice a year, getting recommended tests such as blood glucose (A1C), following a diabetes food plan, taking medication and checking his blood sugar daily.
- A 25-year-old with no health problems, who's saving health care dollars for future years – and gets full coverage of nationally recommended preventive care for women her age.
- A 32-year-old mother of three, who looked up immunization schedules as well as questions to ask her children's pediatrician.

### To Learn More

Log in to our educational online health site at [www.bluecrossca.com](http://www.bluecrossca.com). Find providers and hospitals in your area that participate in Blue Cross' PPO network or providers across the country that participate in the BlueCard® PPO network. Also try out some of the online health tools our consumers use every day.

Or you can call a Customer Service Advocate toll-free 1- 888-224-4911 from M-F 7:00 a.m. to Noon (Mountain and Pacific); Sat 9:00 a.m. to 1:00 p.m. (Mountain and Pacific).



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# Isn't it time someone created a healthier health plan?



## We thought so. So we did.



