Whether you’re looking for health and wellness tips, discounts on health-related services, or support to manage a health condition, we have the resources to help you get on the path to good health.

With our Health + Wellness Program you can

- Become aware of unhealthy lifestyles.
- Improve your health with programs that target your specific health or lifestyle issues.
- Manage a chronic condition and deal with unexpected health issues and medical emergencies with the support of a coordinated health care team.
- Access online tools to help you get and stay healthy.

15 minutes can help improve your health

When it comes to your health, it’s important to know where you stand. You can get an immediate picture of your health status with our confidential, online questionnaire. Immediately after you complete the survey, you’ll receive recommendations for improving your health based on your individual health status.

Take our health assessment today—these may be the most important questions you’ll ever answer! Get started by logging into My Account at www.carefirst.com and visit My Health.

Getting healthy

Health advising

After completing the health assessment, a health advisor may contact you to discuss your results. The health advisor will refer you to the appropriate resources, tools, and programs that can guide you toward better health.
Online and telephonic health coaching
Participate in a variety of free, confidential health coaching programs to help improve your health. Connect with your coach through a private, secure web-based message board or by phone and work together to develop a personal health action plan. Your coach will monitor your progress and provide guidance and support with programs that help with:

- Weight management
- Blood pressure management
- Stress management
- Cholesterol management
- Smoking cessation
- Physical activity

Health and wellness tools
FirstHelp™
Registered nurses are available 24 hours a day to answer your health care questions. Call (800) 535-9700 with your health questions or for help choosing the best source of care.

Wellness discount program
Blue365 delivers great discounts from top national and local retailers on fitness gear, gym memberships, family activities, healthy eating options and more. Visit www.carefirst.com/wellnessdiscounts.

Vitality magazine
Vitality provides updates to your health plan and includes articles on health and wellness topics, including nutrition, physical fitness and preventive health.

Health education
Find a wide variety of health education articles, nutritious recipes and cooking videos, interactive health-related tools, and more at www.mycarefirst.com.

Support during your pregnancy
Help keep yourself and your baby healthy during pregnancy. Once enrolled, Case Managers provide education and information on prenatal care and pregnancy. For more information call (888) 264-8648.

Coordinating your care
Whether you’re trying to get healthy or stay healthy, you need the best care. CareFirst has programs to help you take an active role in your health, address any health care issues and enjoy a healthier future.

Patient-Centered Medical Home (PCMH)
PCMH was designed to provide your primary care provider with a more complete view of your health needs, as well as the care you receive from other providers. When you participate in this program, you are the focus of an entire health care team whose goal is to better manage and coordinate your care and improve your health.

If you have a chronic condition, or are at risk for one, your PCP may:

- Create a care plan based on your health needs with specific follow-up activities to help you manage your health
- Provide access to a care coordinator, who is a registered nurse, so you have the support you need, answers to your questions and information about your care

Find a participating PCMH provider in our provider directory at www.carefirst.com/findadoc.

Case Management
If you have a serious illness or injury, our Case Management program can help you navigate through the health care system and provide support along the way. Our Case Managers are registered nurses who will:

- Work closely with you and your doctors to develop a personalized treatment plan.
- Coordinate necessary services.
- Answer any of your questions.

Our Case Management program is voluntary and confidential. For more information, or to enroll, call (888) 264-8648.