



Live Happy. Reduce Stress.

During your one-on-one phone calls, our trained, registered nurses will help you:

- Identify stress and it's effects on health
- Develop effective coping mechanisms
- Promote positive behavior change

Our program, for ages 18 and older, is provided at no additional cost to your existing health care plan, and will not affect your benefits.

Enroll today!

Visit bcbsks.com/BeHealthy
or call 1-800-520-3137



bcbsks.com

An independent licensee of the Blue Cross Blue Shield Association.



If you are experiencing depression or behavioral health issues, please seek assistance from New Directions Behavioral Health. A confidential free screening is available at 1-800-952-5906.

Participation in the program is completely voluntary. You may choose to discontinue participation in the program at any time. Participation in the program will not affect any health insurance benefits. State of Kansas, Stormont Vail Health and Spirit AeroSystems employees should inquire about disease management program opportunities with their employer. For additional program details refer to the member Rights & Responsibilities located at the bottom of bcbsks.com/BeHealthy/DiseaseMgmt.

Blue Cross and Blue Shield of Kansas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-432-3990 (TTY: 1-800-430-1270).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-432-3990 (TTY: 1-800-430-1270).

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