Online Self-Guided Tools and Resources

If you are not comfortable working with a Wellness Coach, you can use a variety of online motivational and educational resource tools through the Personal Health Manager*.

Participate at your own pace and earn Blue PointsSM** all while helping yourself get healthy. You also can e-mail health and wellness questions to registered nurses, dietitians, trainers and life coaches for additional support.

To enroll in an online self-management program, visit www.bcbsok.com and sign in to Blue Access® for Members, a secure member Web site. Select Personal Health Manager and click Weight Loss or Quit Smoking.

* The Personal Health Manager may not be available to all members because some employers have chosen another medical management program. To verify if you have access to this resource, check with your group benefits administrator or call Customer Service at the number listed on the back of your member ID card.

** Blue Points Program Rules are subject to change without prior notice.

Enroll Today

There are two ways to get started with the Tobacco Cessation or Weight Management personal coaching programs:

- **Call Customer Service** at the phone number listed on the back of your member ID card to self-enroll.

- **Receive a referral to a program from your**: Completion of the Health Risk Assessment on the Personal Health Manager, or participation in a health fair offered by your employer.

BlueCross BlueShield of Oklahoma


* The Personal Health Manager may not be available to all members because some employers have chosen another medical management program. To verify if you have access to this resource, check with your group benefits administrator or call Customer Service at the number listed on the back of your member ID card.

** Blue Points Program Rules are subject to change without prior notice.

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association
Most people agree – it’s not easy to lose weight or quit smoking. That’s why Blue Cross and Blue Shield of Oklahoma (BCBSOK) wants to help. Through Blue Care Connection®, BCBSOK offers two voluntary programs specifically designed to help you succeed – at no additional charge.

**Tobacco Cessation**
If you want to quit smoking, the Tobacco Cessation program provides personal coaching, online tools, an audio library, and discounts to wellness-related products and services.

Once you are enrolled for one of these programs, you will be assigned to your own Wellness Coach who:
- Reviews your symptoms and problems
- Provides personal assistance with goal setting, resource education, tips and periodic progress checkups
- Assesses your commitment level
- Sends you a toolkit providing additional support
- Establishes a follow-up call schedule

Be sure to ask questions, share your feelings and build a trusting relationship with your coach – these valuable relationships will keep you motivated.

**Weight Management**
If you want to lose weight, the Weight Management program offers guidance and support through personal motivational coaching, an action plan for your lifestyle, online tools, an audio library, and discounts to wellness-related products and services.

After yo-yo dieting and trying multiple fad diets over the years, **Sheila** enrolled in the BCBSOK Weight Management program to reach a healthier weight and lead a more active life.

She focused on making simple changes to her daily routine: drinking more water, eating slower, controlling portions, keeping a food journal, and walking three times per week.

Sheila is now excited about her current progress toward achieving her goal.

Barry enrolled in the BCBSOK Tobacco Cessation program after smoking a pack a day for 34 years. A Wellness Coach helped him set a quit date, prepare for the psychological challenges and learn new coping skills.

Within two months, Barry completely quit smoking, began exercising and eating healthier. Now he exercises or chews sugar-free gum when he feels an urge to smoke. Barry credits the program’s support and accountability for achieving his goal.

Be sure to ask questions, share your feelings and build a trusting relationship with your coach – these valuable relationships will keep you motivated.

[www.bcbsok.com](http://www.bcbsok.com)
If you are not comfortable working with a Wellness Coach, you can use a variety of online motivational and educational resource tools through the Personal Health Manager*.

Participate at your own pace and earn Blue PointsSM** all while helping yourself get healthy. You also can e-mail health and wellness questions to registered nurses, dietitians, trainers and life coaches for additional support.

To enroll in an online self-management program, visit www.bcbsok.com and sign in to Blue Access® for Members, a secure member Web site. Select Personal Health Manager and click Weight Loss or Quit Smoking.

* The Personal Health Manager may not be available to all members because some employers have chosen another medical management program. To verify if you have access to this resource, check with your group benefits administrator or call Customer Service at the number listed on the back of your member ID card.

** Blue Points Program Rules are subject to change without prior notice.