



Care that Goes Beyond the Doctor's Office

There's more to your plan than just providers and prescriptions.

Managing your care needs can be every bit as important to your whole health as regular checkups. But it can also be a challenge.

That's why your CareFirst BlueCross BlueShield Medicare Advantage plan gives you access to a dedicated care team including registered nurses, social workers, care coordinators and community health navigators. They can help you with almost anything related to your care, like:

- Making appointments and navigating the healthcare system
- Taking care of chronic conditions like diabetes or heart disease
- Getting back to your regular routine after a hospital visit
- Connecting you with community resources for food, transportation and other needs.

The best part? All of this is a part of your plan. It costs you nothing.

One of our care team members will call you to discuss your needs in detail. But if you need help now, don't wait. Just call the number on the back of your member ID card. We're here to help.

