Tobacco Cessation and Weight Management Programs

A Path to Healthier Living

Two of the best things you can do for your health are to lose extra pounds and quit smoking. These are also tough goals to reach on your own – but Blue Cross and Blue Shield of Illinois (BCBSIL) can help.

Through Blue Care Connection®, BCBSIL offers two voluntary programs to help you reach your wellness goals – at no additional charge.

- **Tobacco Cessation Program:**
  Provides personal telephone coaching, self-directed online courses and tobacco cessation resources to help you become tobacco and nicotine free.

- **Weight Management Program:**
  Offers guidance and support to help you change your behavior and shed the extra pounds through personal telephone motivational coaching, self-directed online courses and weight management resources.

**Enroll Today!**

*Call Customer Service at the phone number listed on the back of your member ID card.*
Personal Telephone Wellness Coaching
A Wellness Coach will be assigned to help you meet your wellness goals. Your coach will take a look at your lifestyle and habits, and help you figure out what’s most important to you and what you need to be successful.

Self-Directed Courses
You can also choose to take online courses that let you work at your own pace to reach your health goals. Learn more about nutrition, fitness, weight management, tobacco cessation and stress. Track your progress as you make your way through each lesson.

BCBSIL members also have access to:

- Blue365® Member Discount Program
  Offers exclusive health and wellness deals to BCBSIL members including discounts from top national and local retailers on fitness gear, gym memberships, family activities, healthy eating options and much more.

- Blue Access for Members™ (BAM)
  Secure member portal from BCBSIL gives you immediate online access to health and wellness information. The My Health tab features information on such topics as:
  - Smoking Cessation
  - Nutrition
  - Fitness
  - Obesity