

Social Health Coaching



YOU'VE GOT THIS!

If you are struggling with a health concern, we can help. Blue Cross and Blue Shield of Louisiana (Louisiana Blue) has a social health coach who can offer support and encouragement on your path to healing.

LOUISIANA **BLUE**  

Louisiana Blue has a social health coach who works with members like you to:

- Explore your health concerns and help you find the right care.
- Cope with any health issue or diagnosis.
- Find social health resources or organizations in your area that can help you with prescription payments, getting medical equipment or transportation.
- Connect with support groups, classes or other community resources.
- Get support if you are caring for a loved one with a long-term illness or health condition.

If you are from another state and need guidance, our Louisiana Blue social health coach can help you find Louisiana behavioral healthcare providers or services.

The social health coach can send you educational materials by mail or email.

If you have questions about speaking with our social health coach, talk to your doctor.

**LET'S TAKE THIS
JOURNEY TOGETHER!**

Call **1-800-317-2299**, Monday through Friday, between 8 a.m. and 5 p.m. (closed on office holidays).

To learn more about our social health coach and other clinical staff, visit **www.lablue.com**.