

A Health Coach at Your Fingertips



Florida Blue Medicare Advantage Health Coaching Program

Your Florida Blue Medicare Advantage plan includes individualized health coaching to support you with your health goals and help you feel your best. There's no extra cost for you to talk to a health coach.

Your health coach can help you make healthy choices and manage:

- Healthy eating habits
- Healthy weight
- Physical activity
- Stress
- Cholesterol
- Blood sugar
- Blood pressure
- Nicotine habit
- Mental and physical fitness
- Preventive vaccines (like the flu shot)
- Annual wellness visit
- Preventive screenings (Including: bone mineral density test, mammogram, A1c test, colon cancer screening and more)

Using the tools and resources you get from your health coach, you can work toward your wellness goals. And you'll feel more confident making health care decisions.



Ready to get started?

Call Florida Blue Medicare today at 1-800-955-5692, then select option 1 then 2, and then request to speak with a health coach at the Florida Blue Medicare Health Management or Disease Management department. TTY, call 1-800-955-8771 or 711. We're available Monday through Friday, 8 a.m. to 5 p.m. ET.