Tobacco Cessation and Weight Management Programs

Personal Support for a Healthier You!

Most people agree – it’s not easy to lose weight or quit smoking. That’s why Blue Cross and Blue Shield of Illinois (BCBSIL) wants to help. Through Blue Care Connection®, BCBSIL 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.

- **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.

**Enrolling in a program can help you.**
Personal Coaching
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
- Establishes a follow-up call schedule

Your Wellness Coach can also help you if you need support with behavioral disorders. Since many health issues involve some combination of physical, mental and social causes, addressing behavioral and medical issues at the same time can lead to a better overall quality of life.

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

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.

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 Points℠** 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 bcbsil.com and sign in to Blue Access® for Members, a secure member website. Select Personal Health Manager and click Weight Loss or Quit Smoking.

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* The Personal Health Manager may not be available to all members. The audio library is not available for HMO members. To verify that you have access to these resources, 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.

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After yo-yo dieting and trying multiple fad diets over the years, **Sheila** enrolled in the BCBSIL **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 more slowly, controlling portions, keeping a food journal, and walking three times per week.

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