



## BlueCare Consultant provides personal service for your health

When it comes to making decisions about your health, you can get the personal support you need with **BlueCare Consultant**. Our team of registered nurses, clinicians, dietitians, pharmacists and social workers will help guide you through the many programs and services available through your Verizon health benefits plan as you make health care decisions for yourself and your family.

### Better support can lead to better health

BlueCare Consultant provides personalized service to help manage your health.

- Connect with a nurse, pharmacist or dietitian who can answer your questions.
- Learn how to make decisions about treatment options and therapies.
- Take advantage of our hospital and doctor price-comparison tools, healthy reminders to help you get important preventive care and more.

BlueCare Consultant is available when you need help with the decision-making process, giving you the ability to focus your time and energy on feeling better and staying healthy.

To take advantage of these resources or learn more about the program, please call the toll free number on the back of your ID Card. Just choose the BlueCare Consultant prompt to reach your BlueCare Consultant today!

### A PROACTIVE APPROACH – YOUR HEALTH IS OUR PRIORITY

Our goal is to help you improve your health. The BlueCare Consultant program may reach out to you with health-related information, tips, advice or suggestions based on your current health profile.

This program is an additional benefit available to participants who are enrolled in the medical plans. The official plan documents, including the Summary Plan Descriptions, contain details about your eligibility and benefits, including but not limited to, procedures and exclusions under the medical plans. If there is a discrepancy between this information and your applicable Summary Plan Description (SPD), the SPD will govern. In addition, this information is not a guarantee of benefits, and Verizon retains the right to modify or terminate benefits at any time for any reason. In addition, this information is provided for educational purposes only, and should not be interpreted as medical advice. Please consult with your doctor for medical advice about changes that may affect your health and before taking any medications or beginning any lifestyle program.



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