



Take charge of your condition

Having a chronic condition or other health issues can be challenging. Our programs can help you.

Get support for a chronic, acute, or long-term condition

Get support managing your health needs for conditions such as diabetes, depression, chronic pain, cancer, and others. Services include personalized health coaching, care plan development, provider coordination, and more.

With our care management programs, we can help you navigate the healthcare system and access the care you need. We can also help share information among members of the team involved in your care.

Our care managers act as advocates for you and your family by:

- Identifying available treatment options
- Assisting you in making important healthcare decisions
- Coordinating your care with your healthcare providers
- Researching additional resources such as support groups and financial assistance

To learn more, go to blueshieldca.com/shieldsupport.

To find out if you're eligible to enroll in care management, call **(877) 455-6777**.

Maternity: Free virtual support for pregnancy and postpartum

Blue Shield has partnered with Maven to bring you a comprehensive, holistic Maternity Program. Your Blue Shield Maternity Program through Maven provides virtual care support if you are pregnant and up to 3 months postpartum. Maven provides you access to:

- On-demand virtual appointments with top-rated practitioners in more than 30 specialties related to women's and family health, including doulas, mental health specialists, and sleep specialists, including sleep for babies
- Your own Care Advocate who can help answer questions about your pregnancy, and get you connected to the right providers
- Virtual Provider-led maternity classes, clinically backed content, and community support
- Support if you have experienced a pregnancy loss
- Resources to plan and prepare for a return to work after maternity leave
- A partner track to support all participants for motherhood and fatherhood

Blue Shield members get the Maven Maternity program at no additional cost – go to blueshieldca.com/maternity to sign up.