

Let's do this together.

Call a Health Coach to get the 1-on-1 support you need.

Do you have all of the information you need? Call a Health Coach to be sure.

Health coaches can help you and your family with a variety of health issues. Check any of the conditions you have questions about and call a Health Coach.



- Anxiety or panic disorder
- Asthma
- Atrial fibrillation or a heartbeat that is not regular
- Back pain
- Benign prostate
- Hyperplasia—also called BPH or an enlarged prostate
- Cancer
- COPD—also called chronic obstructive pulmonary disease
- Depression
- Diabetes—also called high blood sugar
- Fibromyalgia
- GERD—also called gastroesophageal reflux disease
- Heart disease—also called CHD or coronary heart disease
- Heart failure
- High blood pressure—also called hypertension
- Irritable bowel syndrome—also called IBS
- Kidney disease
- Knee and joint pain
- Migraines
- Osteoarthritis or swollen and stiff joints—also called OA
- Osteoporosis or brittle, weak bones
- Peptic ulcer disease
- Pregnancy
- Weight management
- Women's health issues

Are there other health topics that are not on this list? No problem—your Health Coach is there to help answer your health questions. Your Health Coach is a trained, caring health professional, such as a nurse, who has on average 10 to 15 years of experience. Call a Health Coach for the most up-to-date information.



Health Coaching is a value-added service designed to help you manage your health. This service is available to you and your eligible dependents are part of your health plan, at no extra cost to you.

Call a Health Coach toll-free, anytime—24 hours a day, 7 days a week—for support.

1.877.789.2583 • TTY 1.877.900.4304 • floridablue.com

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