



Manage your health with the BCBSM Coordinated CareSM app

Blue Cross Coordinated Care CoreSM includes access to the BCBSM Coordinated Care app. Use the app to discover steps you can take each day to manage your health.

Care that's connected

- Use the **Chat** tab to connect with your nurse care manager. It's like texting, but more secure. Send messages, and receive feedback, guidance and encouragement.
- The **Checklist** tab gives you a daily list of tasks to complete.
- Keep track of your medications and appointments in the **Reminders** tab.
- Use the **Me** tab to track your progress, including task completion, number of steps walked, medication taken, days enrolled in the program and care team instructions.
- Read articles about your specific health care needs in the **Library** tab.



How can I get started?

- Visit bcbsm.com/coordinatedcare on a smartphone or tablet to install the app. Or, search BCBSM Coordinated Care in Google PlayTM or the App Store[®].
- Download the app and select *Sign Up*.
- Your access code is: **mihealth**

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