



# NEED A LITTLE HELP?



Life can be hectic. But now there's My Health Planner<sup>SM</sup> — the free app that connects you with a team of care management nurses, therapists and other health workers. Because Blue Cross and Blue Shield of Florida, Inc. is your partner in health.

## WHEN YOU NEED HELP, THIS FREE APP:

- ◆ Puts you in control of your health.
- ◆ Ensures you understand what you need to do to feel your best.
- ◆ Keeps track of what you need to do between doctor's visits.
- ◆ Lets you stay in touch with your care management team.

My Health Planner is available for smartphones and tablets.

## MY HEALTH PLANNER IS FREE FOR ELIGIBLE MEMBERS.

Get Help Now

- 1 Search for **My Health Planner** in the App Store or Google Play.
- 2 Download the My Health Planner app and select **Create New Account**.
- 3 Use access code: **SCVISIT**.

