Want to get healthier? Let’s Talk

Are you ready to quit smoking, lose weight or manage a health condition better? Our online Healthy Living Conversations are built on the idea that a healthy lifestyle starts with healthy dialogue. They’re easy, convenient and kind of fun, too!

Healthy Living Conversations cover subjects like:
+ Healthy Eating
+ Healthy Weight
+ Quitting Smoking Again
+ Sleeping Well

Learn to manage health conditions:
+ Asthma and Controller Medications
+ Daily Aspirin to Prevent Heart Attacks
+ Low Back Pain
+ Diabetes and A1C Testing
+ Medicines to Treat Depression

Try a Healthy Living Conversation today. Log in or register at mybcbsnc.com and click on the “Wellness” tab.

Blue Cross and Blue Shield of North Carolina (BCBSNC) offers Healthy Outcomes programs as a convenience to aid members in improving their health; results are not guaranteed. BCBSNC contracts with Alere Health Improvement Company, an independent third party vendor, for the provision of certain aspects of Healthy Outcomes programs and is not liable in any way for goods or services received from Alere. BCBSNC reserves the right to discontinue or change Healthy Outcomes programs at any time. The programs are educational in nature, and are intended to help members make informed decisions about their health, and to help members comply with their doctor’s plan of care. Decisions regarding care should be made with the advice of a doctor.

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