Blue Primary Care BRINGING WELLNESS HOME

A Step-by-Step Guide

Blue Primary Care Network Providers serve as your "home" for all your healthcare needs. Your home covers everything from the sniffles or sprains to annual check-ups and management of health risks related to blood pressure, cholesterol and blood sugar. Your Blue Primary Care Home can also provide wellness coaching support for reaching health goals and care coordination guidance when specialty care is needed.

Blue Primary Care puts you at the center of the healthcare system. It empowers you to take control of your health by catching things before they become a problem.

STEP 1

Use the "Find a Provider" feature of the myBlue mobile app to see if your current provider is a Blue Primary Care Provider. If you don't currently have one, you can select one through the myBlue mobile app.

STEP 2

Schedule and attend your annual wellness visit with your selected Blue Primary Care Network Provider.

STEP 3

During your visit, talk with your Blue Primary Care Network Provider about:

- How you feel day to day
- Any personal health goals you'd like to reach
- Your blood pressure, cholesterol and blood sugar numbers
- Family health history
- Any medications you are taking

STEP 4

Your provider will help you develop a wellness plan to help you set and reach meaningful health goals. If any risks are identified, your provider may enroll you in ColorMeHealthy. This is your health management benefit that includes additional visits and services based on your risk levels. *(see reverse side)*

Step 5

Continue to see your Blue Primary Care Network Provider throughout the year for any healthcare needs, to coordinate any specialty care and for support in reaching your health goals.

At your wellness visit, you can expect:



Measurement of your current blood pressure, cholesterol and/or blood sugar



Learning how your health risks impact your life today (and in the future)



Making a plan to reduce risks with lifestyle changes and prescription drugs, if necessary



Help with setting and reaching health goals that matter to you

MISSISSIPPI

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Your Blue Primary Care home team is there for you every step along the way. Beyond your wellness visits, it's where you will start for any healthcare needs from the common cold to the unexpected...

And, as you travel along your health journey, it's a place you can call home.

Color Me Healthy! Visits

Blood Glucose	Low Risk	Moderate/High Risk
	2 per year	4 per year
Blood Pressure	Low Risk	Moderate/High Risk
	2 per year	4 per year
Cholesterol	Low/Moderate Risk	High Risk
	2 per year	4 per year

Risk Level Reference Chart

Use this chart to see your risk levels.

Biometric	Measurement	Healthy	Low Risk	Moderate Risk	High Risk
Blood Pressure	Systolic	<120	120–139	140 – 159	≥ 160
	Diastolic	<80	80 – 89	90 – 99	≥ 100
Cholesterol	LDL	<100	100 – 129	130 – 189	≥ 190
	Triglycerides	<150	150 – 199	200 – 499	≥ 500
Blood Sugar	Glucose: Fasting	<100	100 – 125	126 – 199	≥ 200
	Glucose: Random	<120	120 – 149	150 – 199	≥ 200
	A1C	<5.7	5.7 – 6.9	7.0 – 8.9	≥ 9

Learn more by logging into your myBlue account.

Scan the code to download the myBlue mobile app!