



Our
focus is
YOU.

YOU DON'T NEED TO BE A BIG SHOT TO HAVE A PERSONAL ASSISTANT.

You already have one for your health care needs.

Are you ready for health care made easy? We think you are — that's why you have a Health Advocate at Blue Cross and Blue Shield of New Mexico waiting to help with your benefits questions and health care needs.

Health Advocates can help you and your covered family members:

- Get personal assistance with your health care matters
- Understand your health benefits
- Talk to a nurse Health Advocate about health questions
- Sort out a new diagnosis and what to do next
- Shop for quality, lower-cost health care



REGISTERED NURSE HEALTH ADVOCATES ARE HERE FOR YOU.



This is a special service from your Blue Cross and Blue Shield of New Mexico health plan.

You can talk with a nurse, at no extra cost to you, who can answer questions about your health concerns and help you get the care you need.

Your Nurse Health Advocate and our other care team members can help you with:	
Cancer	Work with a nurse who specializes in cancer to better understand your treatment plan and get help dealing with the complexities of cancer care.
Caregiver Support	Stay healthy and get the help you need when caring for loved ones.
Diabetes	Better manage your condition by working with a nurse who specializes in diabetes. Our diabetes program is approved by the American Diabetes Association.
Emotional & Mental Health	Learn about all the services available to help with depression, stress, addiction and more.
End-of-Life Planning	Get support for you or your loved ones in planning for end-of-life.
Gender Identity Support	Get guidance on health care and benefits for gender identity support.
Medical Equipment	Get needed items like a blood pressure cuff, a scale, a peak flow meter and a blood sugar monitor and strips at no extra cost to you.
Nutrition	Learn how to develop better eating habits with the help of a registered dietitian.
Overcome Obstacles	Get support to find healthy food, get prescriptions, get transportation to doctor appointments and more by working with a social worker.



Nurse Health Advocates, dietitians and social workers are here for you and your covered family members.

Just call your BCBSNM clinician or call the number on the back of your member ID card.



Schedule a call with a Nurse Health Advocate

Just log in to your BCBSNM website, then choose **Contact Us**, click on **Nurse Health Advocate** and schedule your call.



A personal Health Advocate
is part of your plan!

Stop trying to do it all on your own;
we're here for you. Call or chat
with your Health Advocate today.

It's easy to reach a Health Advocate

Contact them 24/7 for your health and benefit needs:



Call 844-666-2521



Live Chat – Log in to
bcbsnm.com

Call 911 for medical emergencies. Health Advocates do not give medical advice or take the place of a doctor's care. Talk to your doctor or health care professional about any health questions or concerns.

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