

Lifestyle Management Programs



Interactive tools designed to improve your health.

Most of us have some factor – perhaps getting too little exercise – that may contribute to the risk of developing an illness or chronic disease. CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. offer lifestyle management programs that can help you make a connection between good habits and good health.

By now, you have received your comprehensive MyHealthProfile health report with your score and information about your health risk factors. Based on your needs, you may be eligible for lifestyle management programs that can help you manage stress, maintain a healthy diet, quit smoking, lose weight, develop an exercise routine, prevent depression and/or understand your medications.

To access your lifestyle management programs, visit www.myhealthiq.com/carefirst. After you log in, select “*View My Coaching Programs*” from your MyHealthProfile web page so you can engage in health-related quizzes and exercises.



CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc. CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. are independent licensees of the Blue Cross and Blue Shield Association. ® Registered trademark of the Blue Cross and Blue Shield Association. ®' Registered trademark of CareFirst of Maryland, Inc.

