

# Integrated health programs



*Blue Cross and Blue Shield of Vermont's (BCBSVT) Integrated Health Programs are free and available to all employees, dependents and members with BCBSVT coverage.*

Our registered nurses and licensed social workers will create treatment plans and coordinate resources that improve care for each participant. To speak with a registered nurse, licensed social worker or behavioral health counselor, please call (800) 922-8778, option 3, then, option 2. You may also visit our website at [www.bcbsvt.com/casemanagement](http://www.bcbsvt.com/casemanagement).

## ***We are here for you***

Our caring staff ensures you find the right care at the right time for your diagnosis, regardless of your age, sex or gender identity.

Our team has cross-disciplinary medical, mental health and substance abuse treatment expertise—we look at the physical manifestations of disease, any emotional effects and other possible co-occurring conditions. In a sense, we look at the 'whole you.' Then, we build an individualized plan that helps you navigate your health care options.

If you have a chronic or acute condition please contact our integrated health team. Here are some examples of chronic conditions:

- Traumatic injury
- Depression
- Anxiety
- Eating disorders
- Catastrophic health events
- CIDP
- Crohn's Disease
- Cystic Fibrosis
- Dermatomyositis
- Gaucher Disease
- Hemophilia
- Lupus
- Multiple Sclerosis (MS)
- Myasthenia Gravis
- Parkinson's Disease
- Polymyositis
- Rheumatoid Arthritis
- Scleroderma
- Seizure Disorders
- Sickle Cell Disease
- Ulcerative Colitis
- Asthma
- COPD
- Diabetes
- Heart disease, or coronary disease
- Heart failure

***Please note your unique situation may not fall into any of the examples listed in this document. Please contact our integrated health team to see if we can help you better manage your care.***

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**Maternity support services** — Our popular Better Beginnings® program helps expectant moms create the healthiest, happiest start for their babies. To learn more about our Better Beginnings program or to enroll, please visit [www.bcbsvt.com/health-and-wellness/blue-health-solutions/better-beginnings](http://www.bcbsvt.com/health-and-wellness/blue-health-solutions/better-beginnings). You may also call our integrated health team directly by dialing (800) 922-8778, option 3, then, option 2.

**Cancer support services** — Being diagnosed with cancer is a life-changing event—one that affects you physically as well as emotionally. Our registered nurses and licensed social workers are here to help you and your family during this challenging time. To learn more or to enroll, please visit <https://secure.bcbsvt.com/referral.php>. You may also call our integrated health team directly by dialing (800) 922-8778, option 3, then, option 2.

**Addiction support services** — Many Vermonters know someone affected by substance abuse. We feel that we can play an important role by connecting members in need to important resources. If you or a loved one is struggling with addiction, be certain to call our integrated health case management team. We can connect you to the providers, community and care you need to help fight addiction. To learn more or to enroll, please visit <https://secure.bcbsvt.com/referral.php>. You may also call our integrated health team directly by dialing (800) 922-8778, option 3, then, option 2.

**Transgender support services** — When you call Blue Cross and Blue Shield of Vermont with questions about gender reassignment services (GRS), you'll be connected to a dedicated case manager. To learn more or to enroll, please visit <https://secure.bcbsvt.com/referral.php>. You may also call our integrated health team directly by dialing (800) 922-8778, option 3, then, option 2.

**End-of-life support services** — When facing the end of your life, it is important to know about available resources and support that can help you understand your options. To learn more or to enroll, please visit <https://secure.bcbsvt.com/referral.php>. You may also call our integrated health team directly by dialing (800) 922-8778, option 3, then, option 2.

*Health benefit plans are administered by:*



**BlueCross BlueShield  
of Vermont**

An Independent Licensee of the Blue Cross and Blue Shield Association.