

A LITTLE CARE NOW.

LESS WORRY LATER.

Your preventive care journey shouldn't be an overwhelming one. Taking your health into your hands only requires one small step at a time. Refer back to this guide to find the right providers and resources for you, at any point along your path.



Preventive care resources

TYPE	NAME	PURPOSE	CONTACT
Health insurance member services	Independence Blue Cross	Finding in-network providers.	ibx.com/findadoctor ibx.com/login 1-800-ASK-BLUE
Information on recommended vaccines	Adult Immunization Schedule	Planning recommended immunizations for adults aged 19 and older.	cdc.gov/vaccines/schedules/hcp/imz/adult.html ibx.com/preventive
Telehealth	MDLIVE	Convenient, remote access to healthcare providers.	ibx.com/virtualcare
Stress management & emotional well-being programs	Achieve Well-being	Access to mindfulness tools in the aid of self-regulation.	ibx.com/login
Preventive Care	Preventive Care Schedule	Advice on recommended screenings, nutrition and exercise based on gender and age.	health.gov/myhealthfinder ibx.com/preventive

Talk to your HR team if you need assistance with the resources available to you. You can also find additional information at ibx.com/health

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