A plan for healthy living. That’s what BlueTouchpoint from Health Advantage is all about. We provide many resources to help you set and reach your personal health goals. Whether you make a call to us or we reach out to you, our registered nurses are available to help you with your health and well-being...on the phone or face to face.

You will find a wealth of online resources to help you:
- Better understand your health status
- Manage a chronic condition
- Reach personal wellness goals

My Blueprint is our online member self-service center and your entry to the online resource health portal has a number of tools and resources, including:

- **A health information library** including videos, interactive games and quizzes, tutorials and downloadable audio files
- **Self-paced healthy living programs** for overall healthier lifestyles for all ages
- **Self-management tracking tools** that track progress toward achieving your personal goals (weight loss, exercise, etc.)
- **A Personal Health Record (PHR)** that is a confidential, web-based, electronic secure record that provides you and authorized healthcare providers all the health services you receive

**Nurse24** makes registered nurses available 24/7 by phone or email when you need support and information about managing a chronic condition, a planned medical test or procedure, or even how to make the most of your next doctor visit.

**Health education programs** send information in the mail with local and national resources for adults and children experiencing chronic illnesses such as diabetes, asthma, sinusitis, bronchitis, pneumonia, low back pain, hypertension, high cholesterol, congestive heart failure (CHF) and chronic obstructive pulmonary disease (COPD).

**Behavioral health services** provides a toll-free number for you to access mental health and substance abuse treatment through our vendor New Directions.

**Chronic condition management** is provided by registered nurses to help members with diabetes, COPD, coronary artery disease, asthma and/or CHF learn more about their illness and how to manage it.

**Case management** is provided by registered nurses who work with you, your family and your doctors and nurses to assess, plan, facilitate and advocate for options and services to meet your healthcare needs.

The **Special Delivery** program for expectant mothers provides information on having a healthy pregnancy and baby.

My Blueprint gets you where you need to go!
Get a head start by visiting [healthadvantage-hmo.com](http://healthadvantage-hmo.com) or call 1-800-482-8416 and register for My Blueprint if you have not already done so.