

TOTAL CARE

Better care, outcomes and costs

Total Care is a national Blue Cross Blue Shield program that recognizes doctors and hospitals that are committed to improving health care for patients. **Choose family physicians, internal medicine physicians or pediatricians with the Total Care distinction and your copay will be \$0.**

What's different about Total Care doctors?

Doctors and hospitals with Total Care designation have access to enhanced technology and information that can improve the way they care for patients. A Total Care team might include a primary care doctor, pharmacist, care coordinator and a dietitian.

Who should use a Total Care doctor?


Anyone can choose a doctor with Total Care designation. The team-based approach is especially helpful for people with chronic health conditions like high blood pressure, heart failure or diabetes.


How does Total Care benefit you?

- ◆ Care is personalized and consistent. You will see a member of your care team who knows you and your medical history.
- ◆ Results of your medical procedures are shared with members of your team so they have a complete picture of your health.
- ◆ Total Care's improved screenings, medication management and other programs help provide better outcomes and lower costs for patients.



To find Total Care doctors and hospitals:

- ◆  Log in to My Health Toolkit and select the **Resources** tab
- ◆ Click **Find a Doctor or Hospital**
- ◆ Enter your location and the specialty type, then click **Search**
- ◆ On the left side, click **Total Care**

 Or call the number on the back of your membership card to talk to a customer service advocate.