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.