

HELP WHEN YOU NEED IT MOST

Blue Cross and Blue Shield of Vermont's caring team of registered nurses, licensed social workers, and behavioral health counselors can help you get the health care you need.



Whether it's the exciting moments like discovering you're pregnant, the challenge of understanding a new diagnosis, managing your medications, or coping with an ongoing condition that impacts your daily life – we're here for you. We'll create a personalized plan for improving your health and well-being, and connect you to important resources so you can get the support you need.

HERE FOR YOU - THE WHOLE YOU

Our health care services are free and available to all our members. They are designed to support the 'whole' you – both your physical and mental well-being and happiness.

Our team has experience in many different areas of health care, including medical, mental health, and substance use treatment, so we'll help you find the right care and services at the right time.

Health plans powered by:



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bluecrossvt.org

LEARN MORE ABOUT OUR SERVICES

Addiction

Many Vermonters know someone affected by substance use disorder. If you or a loved one is struggling with addiction, please reach out for help. Our team can connect you to the providers, community, and care you need to achieve and sustain recovery.

Cancer Care

Being diagnosed with cancer is a life-changing event—one that affects you physically as well as emotionally. Our team is here to help you and your family during this challenging time.

Chronic Condition and Disease Management

If you have a long-term health condition, please reach out to us for guidance. Our team helps people with asthma, COPD, diabetes, heart disease, seizures, rheumatoid arthritis, Crohn's, colitis, and many other conditions understand their benefits and learn how to live well.



End-of-life

When facing end of life decisions, it is important to know your options and the available support for you or your loved one.

Maternity

Our popular Better Beginnings® program helps expectant moms create the healthiest, happiest start for their babies.

Mental Health

If you are struggling with anxiety, stress, depression, or other mental health conditions, you're not alone. Our team can connect you with professionals and resources to help you cope and feel better.

Transgender Support

Questions about gender affirmation services? Call to be connected to one of our case managers who can provide expert guidance and coordination.

CONTACT OUR TEAM

Call: (800) 922-8778, option 3

Visit: bluecrossvt.org/casemanagement

Message: Use the Member Resource Center bluecrossvt.org/mrc to send a secure message to *Case Management*

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