



Get help to fight heart disease.

**Better care starts here.**



Confidence comes with every card.®

**Choose a Total Care doctor to start your journey to good health.**

Your doctor will work closely with you to manage your heart disease and its risks. Total Care doctors meet national standards for providing high-quality health care — care that helps you stay healthy and out of the hospital emergency room.

**Find a doctor at [bcbsm.com](https://bcbsm.com).**