



Managing your health can  
be easier than you think.



Confidence comes with every card.®

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Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Better care starts here.

Put a health care team on your side. Your Total Care doctor and team of experts will help you stay healthy. They'll:

- Treat and teach you to manage chronic conditions
- Help you meet your health goals, like lowering your cholesterol or losing weight
- Prevent health problems
- Get you extra help you might need from experts like pharmacists and dietitians right in the office

Total Care doctors meet national standards for providing high-quality health care. That's the kind of care you need.

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



Total Care

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