



Your doctor leads a team of experts  
to help you get and stay healthy.

**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 focus on your health needs and goals. And you'll get extra help when you need it from a team of experts, like care managers, dietitians and pharmacists in your doctor's office.

Total Care doctors meet national standards for providing high-quality health care — care from a team that helps you stay healthy and out of the hospital emergency room.

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