



## Your pursuit of health starts here.

Stop by today!  
We can show you how to  
SAVE big money!

**Florida Blue**   
In the pursuit of health®

Florida Blue, Florida's Blue Cross and Blue Shield Plan

## Welcome to your Florida Blue Center.

Think of us as your go-to source for health information. For answers to your questions about your benefits and treatment options. Help finding the best prices for care. Trusted advice and support from nurses. A personalized plan built just for you, and so much more. It's all right here—and it's all FREE.

### **How healthy are you? Find out in 20 minutes!**

If you haven't already, make an appointment for a personal health assessment with one of our registered nurses. You'll get a confidential snapshot of your health—including your cholesterol, blood glucose, blood pressure and other readings plus private health coaching. We'll help you identify next steps in your pursuit of health and show you tools and resources that can help. Bring your family along, so they can also get a snapshot of their health (member must be over 18). It's all free, fast and easy. Just another way Florida Blue supports you in the pursuit of health.

To find the Florida Blue Center nearest you visit [FloridaBlueCenters.com](http://FloridaBlueCenters.com) or call **1-877-FL-BLUE-0** (1-877-352-5830).

### Fort Lauderdale area

1970 Sawgrass Mills Circle  
Located at Sawgrass Mills

### Fort Myers area

8041 Plaza Del Lago Drive  
Located at Coconut Point

### Jacksonville

4855 Town Center Parkway  
Located in The Markets at Town Center

### Miami

8895 SW 136th Street  
Located across from The Falls shopping center

### Orlando area

434 N. Orlando Avenue  
Located in Winter Park Village

### Palm Beach area

1501 N. Congress Avenue  
Located north of the Boynton Beach Mall

### Pensacola

1680 Airport Boulevard  
Located in Cordova Commons  
(Blue Cross and Blue Shield members are able to receive primary health care services at Florida Blue Health Care Services in Pensacola.)

### Sarasota

285 N. Cattlemen Road  
Located off University Parkway (Exit 213), half mile west of I-75

### Tallahassee

2116 Apalachee Parkway  
Located a half mile east of Governor's Square Mall

### Tampa

201 N. West Shore Boulevard  
Located across from Westshore Plaza  
3758 Park Blvd. #5  
Located in The Shoppes at Park Place  
15030 N. Dale Mabry Hwy.  
Located in Carrollwood Commons

### Winter Haven

385 Cypress Gardens Boulevard  
Located a half mile east of US 17

Open Monday-Saturday: 9 a.m. - 7 p.m.  
Visit [FloridaBlueCenters.com](http://FloridaBlueCenters.com) for Sunday hours or to take a virtual tour and see our list of statewide locations.

1-877-FL-BLUE-0 (1-877-352-5830)  
TTY users please call 711



### The support you need to live healthier

Thinking of starting a fitness program? Quitting smoking? Eating more nutritiously? Join us for a FREE health fair or a wellness seminar to help you lead a healthier lifestyle. We can also show you online tools to support you along the way, to help you set realistic goals and help you reach them.

### Help with important decisions

Maybe you have a health condition—such as diabetes or asthma—and have lots of questions. Or maybe you're wondering where to go for a medical procedure. Our care consultants are registered nurses who can help you understand your condition and help you explore treatment options so you can make the choices that are best for you.

### Get more value for your health care dollars

Think you can't lower your medical costs during the year? We can show you how shopping around for health care services can actually help you save money and still give you the quality care you deserve. We'll show you how to compare costs between local pharmacies to get the lowest price for your medications, how to research treatment options and how to get cost estimates before you receive health care services.

### Get the most from your health plan benefits

As a Florida Blue member, you have access to a wide variety of discounts and health services designed just for you. Come in and we'll show you how to get started. Then, simply log in to your account at [floridablue.com](http://floridablue.com) to help manage your health, wellness and benefits.

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Health care makes sense here.

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Member Toolkit