You don’t need to be a rock star to have a personal assistant.

You already have one for your health care needs.

Are you ready for health care made easy? We think you are — that’s why you have a Blue Cross and Blue Shield of Oklahoma (BCBSOK) health advocate* waiting to help with your benefits questions and health care needs.

Health advocates can help you and your covered family members:

- Get personal assistance with your health care matters
- Understand your health benefits
- Talk to your BCBSOK clinician about health questions
- Sort out a new diagnosis and what to do next
- Shop for quality, lower-cost health care

It’s easy to reach a health advocate:

Call toll-free 855-649-9614

Download the BCBSOK App to live chat**

So stop trying to do it all on your own, we’re here for you. Call or chat with your health advocate today.

* Health advocates do not replace the care of a doctor and you should talk to your doctor about any medical questions or concerns.
** Message and data rates may apply. Terms, conditions and privacy policy are available at bcbsok.com/mobile-text-messaging.