



In the pursuit of health



Blue Cross and Blue Shield of Florida

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Say Hello



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We're Here For You

Stop by a Florida Blue center today for personalized service:

[Fort Lauderdale](#)

[Fort Myers](#)

[Jacksonville](#)

[Miami](#)

[Orlando](#)

[Pensacola](#)

[Tallahassee](#)

[Tampa](#)

Talk in Person

**Open 10am - 8pm
Monday - Saturday.**

No appointment needed.

877-FL-BLUE-0 (877-352-5830)

TTY users please call 711

[Contact Us](#)

Learn how we can help you:

[Choose Well](#)

[Spend Well](#)

[Live Well](#)

Wellness Programs

Be Well. Here's How.

The more you know, the easier it is to stay healthy. Florida Blue offers FREE health fairs and special wellness events to the community. Members and non-members are invited to join us for educational seminars, healthy lifestyle workshops, approaching Medicare information sessions and more for free. Click on [Special Events](#) for details and event calendars.

How healthy are you? Find out in just 20 minutes!



Blue members, meet with one of our registered nurses and get your Personal Health Assessment done today! It's quick, easy and confidential! Take your **FREE Personal Health Assessment** today at any one of our [Florida Blue centers](#) and get:

- Blood Pressure Measured
- Cholesterol & Blood Glucose Screened
- Height & Weight Measured
- Complete a Wellness & Lifestyle Questionnaire
- One-on-One Private Health Coaching

Once you have a snapshot of your health, we'll help you identify ways to maintain or improve your health and show you how to take advantage of the tools and resources already available to you as a Blue Cross member.

Blueprint for Health[®]

Once you've enrolled in a plan, you'll have access to the tools that allow you to:

- Identify your health status
- Manage your health needs



- Control quality and costs

The friendly Florida Blue team can show you the tools and resources that help manage your physical - and financial - health.

Visit a Florida Blue center to find out how or login to [MyBlueService](#) to get started.



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