



Prevent your health conditions from getting out of control.

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 any extra help you need to manage existing conditions and prevent new ones. Total Care doctors meet national standards for providing high-quality health care — care that helps you manage your conditions so you stay healthy and out of the hospital emergency room.

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