DocTalk online webinars bring the doctor to you

Log on. Listen in. Ask questions.

The more you know, the better you can take care of your health. That’s why we offer DocTalk. It’s a series of webinars about important health topics. DocTalk is online so it’s easy to access — and it’s free for Blue Cross and Blue Shield of Georgia members.

DocTalk is presented by our medical directors who share their knowledge and expertise with you. They’ll provide helpful tips on how to improve your health and the health of your family. Each webinar is about an hour, and you can ask questions at the end. Check out the 2014 topics on the back of this flier and mark your calendar. The doctor will see you soon.

Register today. Here’s how.

1) Go to doctalk.webex.com.
2) Click Register* next to the date and time of your choice.
3) Follow the registration instructions.
4) You’ll receive instructions by email on how to log in to the webinar and teleconference.

*Registration is limited. So sign up today.
2014 DocTalk topics

March – Autism

Autism is a developmental disorder that’s still a mystery to many. People with autism have a hard time interacting and communicating with others. While the cause and cure for autism are unknown, there are ways to treat it. Find out why it’s important to diagnose this condition early and what type of interventions can help.

May – Substance abuse

The abuse of drugs, alcohol, tobacco and other substances continues to be a serious problem. It affects the health and safety of those who abuse the substances as well as the people around them. Learn about the signs of abuse and ways of dealing with the problem.

August – Obesity and weight management

Your weight doesn’t always reflect your health. But your body mass index — based on your weight and height — can be linked to your risk for heart disease, diabetes and other health problems. Weight is a sensitive topic, and obesity is a hard problem to solve. Start by educating yourself about weight management.

November – Telemedicine

The use of technology in medicine is no longer limited to procedures and treatments. Doctors and hospitals now interact with patients through video, smartphones, email and other electronic devices. As these practices become more common, it’s important to understand what they mean to your health and privacy.

What DocTalk can do for you

- Keep you informed about the latest health topics
- Give you tips to deal with health issues
- Connect you with a doctor who can answer your questions
- Help you find better ways to take care of your health

Registration is limited. So sign up today – for one or all of the webinars. They’re free for BCBSGa members like you. Go to doctalk.webex.com.

Take a look at past webinars at doctalk.webex.com. Select View Event Recordings.

DocTalk webinars are for informational purposes only. They do not constitute medical advice, diagnosis or treatment and are not substitutes for treatment by your doctor.

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