

# WIN

## BLUE ACCESS FOR MEMBERS USER GUIDE

Offered through  Assurance®



# Overview

- » How to Register for Blue Access for Members
- » How to Enroll in MD Live
- » 365 Member Discount Program
- » Wellness Options
- » What is covered under the preventive care benefit?
- » What is Well on Target?

# Sign Up for Blue Access for Members<sup>SM</sup>

Insurance Basics Shop Plans & Products Find a Doctor or Hospital Member Services **Sign Up or Log In**

**2018 Special Enrollment**  
See If You Qualify >  
View Individual and Family Plans >  
I've Applied, Now What? >

**How to Make a Payment >**

**Medicaid**  
View Our Plans >

**Medicare**  
Review Medicare Basics >  
Compare Medicare Plans >  
Learn When to Enroll >

**Attend a Seminar >**

**Affordability Cures:** We are pleased to share an update on our endeavor to find long-term solutions for affordable health care. Learn more from Blue Cross and Blue Shield of Illinois President Maurice Smith. >

- » Go to [bcbsil.com](https://bcbsil.com) and log in to Blue Access for Members via web or mobile
- » Click **Register Now** if you are a new user

To register you will need your identification number on the front of your ID card OR you can call the Customer Service number on the back of the card.

# Blue Access for Members homepage

## My Coverage

- Your plan information

## Quick Links

- Virtual Visits
- Well on Target
- Prescription Drugs
- Fitness Program

## ID Card

- Click the “ID Card” on your Blue Access
- for MembersSM homepage
- to print temporary ID card
- and/or order replacement ID cards

The screenshot shows the Blue Access for Members homepage. A blue arrow points from the 'My Coverage' section header to the 'MY COVERAGE' tab. A purple arrow points from the 'Quick Links' section header to the 'Quick Links' section. An orange arrow points from the 'ID Card' section header to the 'ID Card' section. The 'MY COVERAGE' section displays plan information: Plan Type: PPO+, Group Number: 012345, and ID Number: XYZ123456789. Below this, there are sections for Medical Benefits, Prescription Drug Copay, and My Medical Spending. The 'Medical Benefits' section shows a table with Family Deductible (\$3,000.00), Individual Out of Pocket Maximum (\$3,000.00), Family Out of Pocket Maximum (\$6,000.00), Coinsurance (80%), and Lifetime Maximum (NO LIMIT). The 'Prescription Drug Copay' section shows a table with Generic - Mail (\$40.00), Generic - Retail (\$20.00), and Preferred - Mail (\$100.00). The 'My Medical Spending' section shows a table with Family - \$3,000.00 Deductible. The 'Quick Links' section lists Identity Protection, Virtual Visits, Well on Target, Prescription Drugs, and Fitness Program. The 'ID Card' section shows a sample ID card for John Smith, Member Number: BCS123456789, Group Number: 7NUS00, and a BlueCross BlueShield logo.

Home My Coverage Claims Center My Health Doctors & Hospitals Forms & Documents

Welcome MEMBER NAME! Last login 09/01/2018

Message Center  
You have no messages  
View all messages

MY COVERAGE

Plan Type: PPO+ Group Number: 012345  
ID Number: XYZ123456789

Medical Benefits

PPO

Family Deductible	\$3,000.00
Individual Out of Pocket Maximum	\$3,000.00
Family Out of Pocket Maximum	\$6,000.00
Coinsurance	80%
Lifetime Maximum	NO LIMIT

View medical benefits >

Prescription Drug Copay

Generic - Mail	\$40.00
Generic - Retail	\$20.00
Preferred - Mail	\$100.00

View prescription drug benefits >

My Medical Spending

PPO

Family - \$3,000.00 Deductible
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Quick Links

- Identity Protection
- Virtual Visits
- Well on Target
- Prescription Drugs
- Fitness Program

View all quick links

Important Coverage Information

Have a dependent age 26. Watch for an email for important information about the new dependent.

Learn More

ID Card

BlueCross BlueShield

Subscriber Name: JOHN SMITH  
Identification Number: BCS123456789  
Group Number: 7NUS00

Member ID: 012345  
PIN: ABCD

PPO Rx

We work for you. Your Health Advocate can help. Learn More & Call Chat Now

My Care Profile

Blue Button Learn how to get your health care profile electronically Get Started >

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# Plan A and Plan B - \$0 copay

**MDLIVE<sup>®</sup>**  
Virtual Care, Anywhere.

**MDLIVE<sup>®</sup>**

**Virtual Visits**



## ADULT CARE

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold & Flu
- Fever
- Headache
- Infections
- Joint Aches & Pains
- Nausea & Vomiting
- Pink Eye
- Rashes
- Sinus Infection
- Sore Throat
- Sunburn
- Urinary Tract Infection

## PEDIATRICS

- Cold & Flu
- Constipation
- Earache
- Fever
- Nausea & Vomiting
- Pink Eye

# How Virtual Visits Work

[Visit MDLIVE website](#)

Before your first virtual visit, you must go to the MDLIVE website and register. To register, you'll need to provide your first and last name, date of birth and BCBSIL member ID number.



## CONNECT

Access where mobile app, online video or telephone service is available



## INTERACT

Real-time consultation with an independently contracted, board-certified doctor or therapist



## DIAGNOSE

Prescriptions sent to a pharmacy of your choice (when appropriate)

# Blue365® Member Discount Program

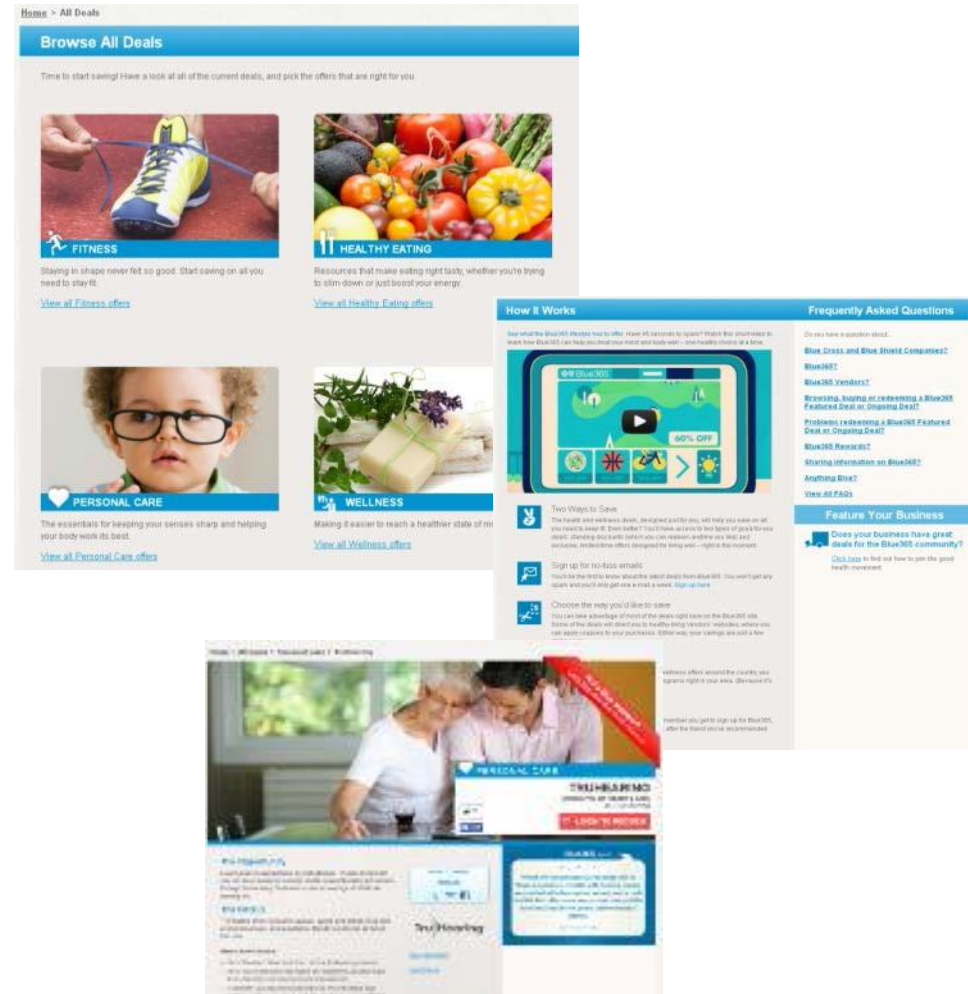
## Member discounts simply for being a BCBS member

Exclusive health and wellness deals from national and local retailers

Save money on gym memberships, vision exams and services, hearing aids and diet-related services

Share deals with friends and family and receive cash rewards on future offers

*Log on to Blue Access for Members<sup>SM</sup> for updates and to register for weekly emails*



**Under the My Coverage tab**

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# Wellness

- » What can members do when there is not a wellness program in place through employer?
  - » Use what is available through BCBS plans
    - Preventative screenings and age appropriate testing is available with in-network providers at \$0 cost to member on both Plan A and Plan B
  - » Use the BCBS member portal
    - Health Risk Assessments
    - Online coaching and articles
    - Well on Target programs

The screenshot displays the BCBS member portal interface. At the top, a navigation bar includes links for Home, My Coverage, Claims Center, My Health (which is highlighted), Doctors & Hospitals, and Forms & Documents. The 'blueaccess for Members' logo is in the top right corner. Below the navigation bar, the 'My Health' section is active, showing a sidebar with 'My Care Profile' and a list of 'Health Topics' including Alcohol Awareness, Allergies, Arthritis, Asthma, Autism, Back Pain, Breast Cancer, Cervical Cancer, Cholesterol, Depression, Diabetes, Fitness, Flu (Seasonal Influenza), GERD, Headaches, Heart Health, and Hypertension. The main content area features a 'MY HEALTH' heading and a large promotional banner for 'Well onTarget'. The banner text reads: 'Visit Well onTarget to access tools and wellness resources to help you manage your health:'. It lists four bullet points: 'Health Assessment to help you measure the status of your health', 'Self-directed Courses to help you reach your wellness goals', 'With the Blue Points program, you can earn points by completing specific activities and achieving goals online', and 'Tracking tools including Food and Exercise Diary and interactive health calculators'. A 'Visit Site' button is present. To the right of the text is an image of a woman in a green tank top stretching on grass. Below the banner, the 'My Care Profile' section is visible, with a small image of two women running and text explaining that it allows members to set up and access their care profile for medical conditions, hospital visits, medications, test results, and other health information. A 'View My Care Profile' link is provided.

# Preventive Services

These preventive services are covered by your plan at no cost to you<sup>1</sup>

## FOR ADULTS

OVER  
18

Annual preventive medical history and physical exam

### SCREENINGS FOR

- ☐ Abdominal aortic aneurysm
- ☐ Alcohol abuse and tobacco use
- ☐ Colorectal, skin and lung cancer
- ☐ Depression
- ☐ Falls prevention and vitamin D use for stronger bones
- ☐ High blood pressure, high cholesterol, obesity, diabetes and depression
- ☐ Sexually transmitted infections, HIV, HPV and hepatitis

### COUNSELING FOR

- ☐ Alcohol misuse
- ☐ Domestic violence
- ☐ Healthy diet counseling
- ☐ Obesity
- ☐ Sexually transmitted infections
- ☐ Skin cancer prevention
- ☐ Tobacco use, including certain medicine to stop
- ☐ Use of aspirin to prevent heart attacks

## FOR CHILDREN



Annual preventive medical history and physical exam

### SCREENINGS FOR

- ☐ Autism
- ☐ Cervical dysplasia
- ☐ Depression
- ☐ Developmental delays
- ☐ Dyslipidemia (for chil
- ☐ Hearing loss, hypothy phenylketonuria (PKU
- ☐ Hematocrit or hemogl
- ☐ Lead poisoning
- ☐ Obesity
- ☐ Sexually transmitted i
- ☐ Tuberculosis
- ☐ Visual acuity

### ASSESSMENTS AND C

- ☐ Obesity counseling
- ☐ Oral health risk asses varnish and oral fluor
- ☐ Skin cancer preventi

## JUST FOR WOMEN



- ☐ Breast cancer screening, genetic testing and counseling
- ☐ Breastfeeding support, supplies and counseling
- ☐ Certain contraceptives and medical devices, morning after pill, and sterilization to prevent pregnancy
- ☐ Cervical cancer screening
- ☐ Chlamydia, gonorrhea, syphilis, HIV and hepatitis B screenings
- ☐ Counseling for alcohol and tobacco use during pregnancy
- ☐ Folic acid supplementation during pregnancy
- ☐ Human papillomavirus (HPV) DNA test
- ☐ Osteoporosis screening
- ☐ Screenings during pregnancy, including screenings for anemia, gestational diabetes, bacteriuria, Rh(D) compatibility

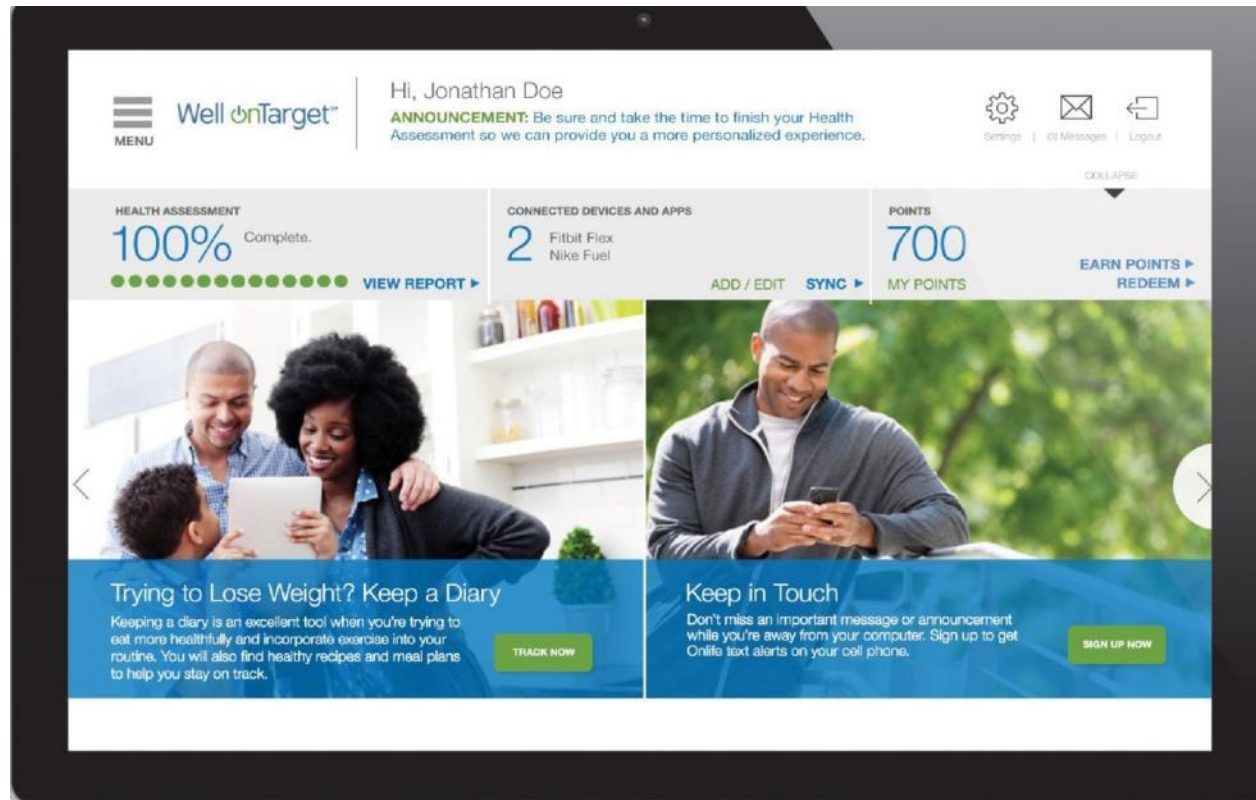
## CERTAIN VACCINES



Learn more on immunization recommendations and schedules by visiting: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

- ☐ Diphtheria, Pertussis, Tetanus
- ☐ Haemophilus Influenzae Type B (Hib)
- ☐ Hepatitis A and B
- ☐ Human Papillomavirus (HPV)
- ☐ Inactivated Poliovirus (Polio)
- ☐ Influenza (Flu)
- ☐ Measles, Mumps, Rubella (MMR)
- ☐ Meningitis
- ☐ Pneumococcal
- ☐ Rotavirus
- ☐ Varicella (Chicken Pox)
- ☐ Zoster (Herpes, Shingles)

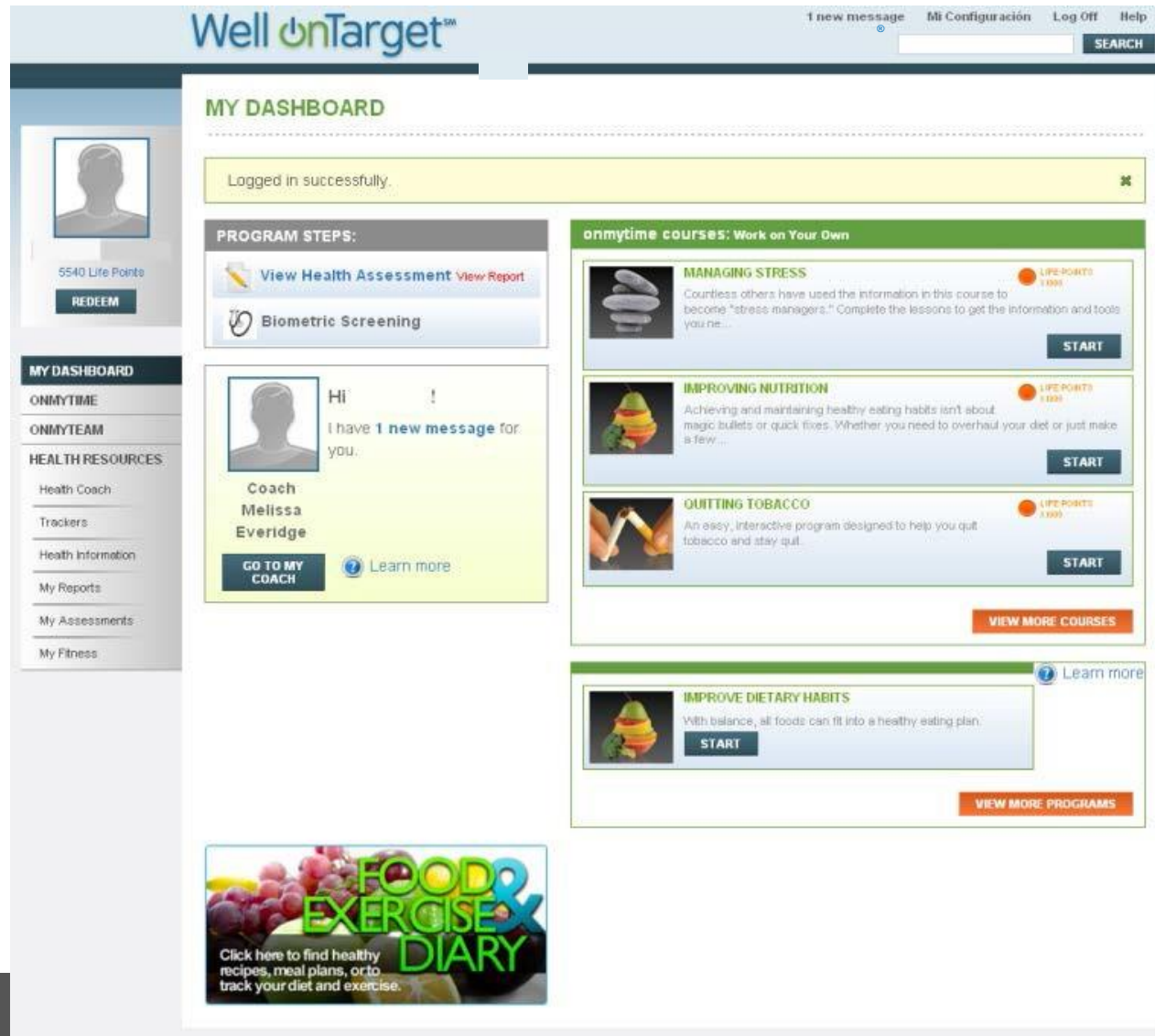
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## PORTAL HIGHLIGHTS

- Member dashboard
- Self-directed courses
- Trackers and tools
- Interactive symptom checker
- Health & wellness content
- Food and exercise diary
- Social networking
- Text messaging
- Fitness Program
- Monthly Challenges<sup>SM</sup>
- Fitness Device Tracking and Mobile App

# Well onTarget® Member Dashboard



The screenshot displays the Well onTarget Member Dashboard. At the top, the logo "Well onTarget™" is on the left, and navigation links "1 new message", "Mi Configuración", "Log Off", and "Help" are on the right. A search bar is also present. The main content area is titled "MY DASHBOARD" and includes a yellow notification bar stating "Logged in successfully". On the left sidebar, there is a user profile section showing a silhouette, "5540 Life Points", and a "REDEEM" button. Below this are links for "MY DASHBOARD", "ONMYTIME", "ONMYTEAM", and "HEALTH RESOURCES" (Health Coach, Trackers, Health Information, My Reports, My Assessments, My Fitness). The main dashboard area features a "PROGRAM STEPS" section with "View Health Assessment View Report" and "Biometric Screening". A central message from Coach Melissa Everidge says "Hi! I have 1 new message for you." with a "GO TO MY COACH" button and a "Learn more" link. To the right, the "onmytime courses: Work on Your Own" section lists three courses: "MANAGING STRESS" (3,000 Life Points), "IMPROVING NUTRITION" (3,000 Life Points), and "QUITTING TOBACCO" (3,000 Life Points), each with a "START" button. A "VIEW MORE COURSES" button is below. At the bottom, there is a "FOOD & EXERCISE DIARY" section with a "START" button and a "VIEW MORE PROGRAMS" button. A large banner at the bottom left encourages clicking to find healthy recipes, meal plans, or to track diet and exercise.

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# OUR FITNESS SERVICES

Fitness Program:

**\$25**

Monthly Membership fee to a nationwide network of leading national, regional and local fitness centers with no contract

**VS.** **\$45.30** average monthly fee for access to one fitness center brand\*

## FITNESS WORKS:

Our Corporate On-site Fitness Center Program\*\*

- Facility on-site
- Tracking of usage by members
- Access at Blue Access for Members<sup>SM</sup> or wellontarget.com
- Earn **Blue Points**<sup>SM</sup> as you work out at work

\*International Health, Racquet & Sportsclub Association

\*\*Buy-up option with BCC Enhanced, Elite or Custom

Minimizing





# Well on Target® Mobile

## *WELLNESS ON THE GO*

### **Features available at launch:**

- Mobile Health Assessment
- Secure Messaging with Health Coach\*\*
- Health Dashboard and Trackers
- Blue Points<sup>SM</sup> Balance



# Online or Download BCBS Mobile App



**Blue Access  
for Members<sup>SM</sup>**



**Provider Finder<sup>®</sup>**



**Health Care School**



**Be Smart. Be Well.<sup>®</sup>**



**eCards for Health<sup>®</sup>**



*ID Card Management*



*Mobile Preferences*



*Benefits and Claims*



*Claim History and  
Health Snapshot*



*Provider Finder<sup>®</sup>*



*Health Assessment*



*Member Care Profile*



*Virtual Care  
Management*



*Member  
Wellness Portal*



*Blue Points member  
rewards*



*Special Beginnings<sup>®</sup>*



*Blue365<sup>®</sup> Discount Program*

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