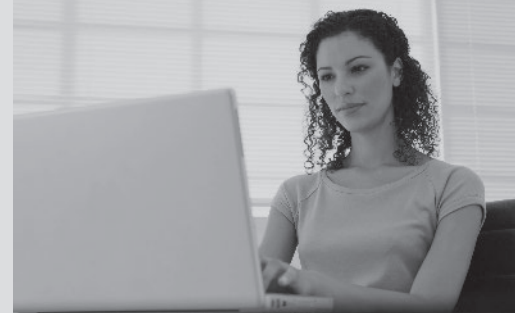




Value-added programs, tools and services are just another advantage of being a member of Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company.

Blue Access for Members^{SM*}

The gateway to managing your personal health information



It's easy to register and find what you need at cbstx.com/member.

When it comes to managing your health information, it's "easy does it" with our Blue Access for Members (BAM) member site. BAM gives you important health and benefits information that you can manage in one convenient place online.

Go to cbstx.com, click "Log In" and register to access:

- your personal health history
- benefit highlights, claims, Explanations of Benefits and forms
- health and wellness resources
- special member discounts and programs

** Blue Access for Members is not available on child-only policies.*

Blue Access MobileSM

With Blue Access Mobile, you have access to real-time claims status, ID cards and coverage details. Now you can get that information while on the go because BAM is mobile!

Provider Finder

Easily search for physicians, specialists and hospitals

It's easy to find physicians, specialists and hospitals with the online Provider Finder. Simply follow these three steps:

1. Visit cbstx.com
2. Click Provider Finder
3. Search by network, doctor, hospital or area to find the most up-to-date listing of health care providers

Download the free Provider Finder[®] App for Android or iPhone

In addition to finding a provider when you're on the go, this app can perform a GPS search and get directions to the provider's location.

Well onTargetSM

Motivation and guidance on the path to health and wellness



The Well onTarget program offers an expanded array of personalized tools and resources designed to plan, engage, motivate, sustain and measure, with the end goal of delivering the best wellness experience to members.

Well onTarget includes wellness programs such as:

- OnmywayTM health assessment
- Onmytime self-directed courses
- Health Trackers
- Health and wellness news and information

Learn more at wellontarget.com.

Prescription Drug Resources

It's all about convenience



Your prescription drug coverage through Blue Cross and Blue Shield of Texas offers many options and resources. To get started, just follow these steps:

1. Go to bcbstx.com
2. Log in to Blue Access for Members
3. Click Prescription Drugs in the Quick Links box on the right

This will take you to MyPrime.com, the member site of BCBSTX's pharmacy benefit manager. Once there, you can find a wide variety of information on prescription drugs, including:

- **Drugs & Pricing:** learn about your medications and see if a drug is on your plan's preferred drug list. Calculate your estimated cost for a 30-day or 90-day supply of a covered medication.
- **Find a Pharmacy:** enter your ZIP code or pharmacy name and find a contracting pharmacy near you.
- **Generic options:** using generic drugs, when right for you, may help save money.

As a BCBSTX member, you have a mail-service prescription drug program available for your maintenance medications. This benefit saves you time and money. Members pay a copayment, coinsurance or a combination, depending on their plan. Just ask your doctor for a written prescription for up to 90 days for each medication you want delivered to your home. You can find more information on BAM under the **My Coverage** tab.

Please call the number on the back of your ID card if you have any questions about your prescription drug benefits.

Blue365[®]

Member discount program

Blue365 is just one more advantage of being a BCBSTX member. With this program, you can save money on health care products and services that are most often not covered by your benefit plan. There are no claims to file and no referrals or preauthorizations.

You can sign up for Blue365, our member discount program that offers deals from brands like Reebok, Jenny Craig[®] and Nutrisystem[®]. Log in to Blue Access for Members or visit www.Blue365Deals.com/BCBSTX.

Davis VisionSM and TruVision **888-897-9350**

Save on eyeglasses as well as contact lenses, laser vision correction services, examinations and accessories. Find out more when you log in to BAM. For a list of Davis Vision providers near you, go to bcbstx.com, click Find a Doctor, then select Find a Vision Provider. The Davis Vision network has major national and regional retail locations as well as independent ophthalmologists and optometrists. You and your eligible dependents can receive discounts on laser vision correction services through the TLC/TruVision network.

Jenny Craig[®] **877-JENNY70 (877-536-6970)**

Jenny Craig can help you reach your weight loss goals. You will get one-on-one support from a trained weight loss expert. Your consultant will give you a tailored program based on the basic components of successful weight management: food, body, mind. You can meet with your consultant in person at a local center. Or you can enjoy the ease of the Jenny Craig At Home program. To get a special savings coupon, log in to BAM.

Life Time[®] Fitness

Life Time Fitness offers a total health fitness experience no matter your fitness level, interests, schedule or budget. Log in to BAM and access the Life Time Fitness website to find a free, seven-day pass to try out the location nearest you.

Procter & Gamble (P&G) Dental Products **877-333-0121**

Get savings on dental packages containing the latest in Oral B[®] power toothbrushes and Crest[®] products. The dental packages from P&G can help you improve the health of your teeth and gums. Packages may contain items such as an electronic toothbrush, mouth rinse, floss, and many more. To shop in the P&G estore, log in to BAM and click on Member Discounts under Quick Links.

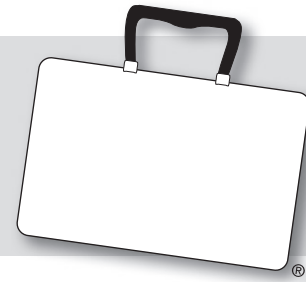
Value-added products and services may be discontinued or changed at any time and may be subject to geographical availability.

The relationship between these vendors and Blue Cross and Blue Shield of Texas (BCBSTX) is that of independent contractors.

Blue365 is a discount program only for BCBSTX members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Please check your benefit booklet or call the customer service number on the back of your ID card for specific benefit facts. Use of Blue365 does not change your monthly payment, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors who take part in this program. BCBSTX does not guarantee or make any claims or recommendations about the program's services or products. You may want to talk to your doctor before using these services and products. BCBSTX reserves the right to stop or change this program at any time without notice.

Travel with confidence

You're covered!



Here's How You're Covered as a PPO Member

With the BlueCard® PPO Program, you can get health care services when traveling away from home. More than 90% of all hospitals and 80% of doctors in the United States work with Blue Cross and Blue Shield plans, and you can even get access to doctors and hospitals in many countries and territories around the world with the BlueCard Worldwide® Program.

BlueCard coverage varies for each Blue Plan and will vary based on whether you choose a contracting or non-contracting provider. So, when you need medical services outside your local insurance plan service area, call the customer service telephone number on the back of your ID card. Or call the BlueCard Access telephone number at 800-810-BLUE (2583). The suitcase logo on your ID card tells providers that you are part of the BlueCard PPO Program.

Here's How You're Covered as an HMO Member

If you are traveling outside of Texas for short periods of time (less than 90 consecutive days), and you need urgent or emergency care, you can use the BlueCard program.

Important: Before traveling, please contact BCBSTX at the number on your customer ID card to determine your benefits and coverage.

Learn more about taking care of your health



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bluecrossblueshieldoftexas](https://facebook.com/bluecrossblueshieldoftexas)



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