

# Blue Cross Blue Shield of IL Value Adds

BCBS of IL provides several additional perks, just for being a member on the health plan! For more information visit [www.bcbsil.com](http://www.bcbsil.com) and login to your Blue Access for Members Portal (BAM).

## BCBSIL Member Services

### Blue Access for Members

Get information about your health benefits, anytime, anywhere. Use your computer, phone, or table to access the Blue Cross Blue Shield of Illinois secure member website, Blue Access for Members (BAM).

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### BCBSIL Blue Access for Members Dashboard

Get information about the cost of procedures, find a doctor or request an ID card.

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### BCBSIL Go Digital App

Go digital and share how you want us to communicate with you. Prefer texting? Sign up for claims and benefit information, health tips and prescription reminders.

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### BCBSIL Provider Finder

Use provider finder to help make more informed health care choices by checking costs before your appointment and comparing doctors and facilities in your area.

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### BCBSIL Provider Finder

Provider finder from BCBSIL is a fast easy-to-use tool that improves members' experience when they're looking for in-network health care providers. Plus, it can help manage their out-of-pocket costs.

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## BCBSIL Member Services

### Nurseline

A board-certified Nurse is available to you and your family members 24 hours a day, 7 days a week. Whether you have health concerns or general questions, if you need answers right away, be sure to call the Nurseline at **800-299-0274**.

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### BlueCard

Through the Blue Card PPO Program, BCBS plans work together to help ensure you receive reliable, affordable health care when you need it while traveling in the U.S. You have access to an established PPO network of doctors, hospital and other health care providers throughout the country. To find a provider near you, call BlueCard Access at **800-810-2583** or visit [www.bcbs.com](http://www.bcbs.com).

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### Blue365

BCBS of IL members have access to Blue365, a discount program exclusively for Blue Cross Blue Shield members. With this program, you can save money on health and wellness products and services that are not covered by insurance. There are no claims to file and no referrals or pre-authorizations. Get started today at [www.Blue365Deals.com/register](http://www.Blue365Deals.com/register).

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## Mental Health Services

### Digital Mental Health – Learn to Live

Self-paced private and confidential coaching available 24/7 at no cost to you and your family. Online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy including Stress, Anxiety and Worry, Social Anxiety, Insomnia, and Substance Abuse. Must be aged 13 and older to participate.

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## Preventive Services

### BCBSIL Preventive Care Services

Maternity services and screenings at no additional cost to you. Preventive check-ups and screens can find illnesses and medical problems early and help keep you and your baby healthy.

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### BCBSIL Preventive Drug List

Your health plan may include certain prescription and over-the-counter (OTC) preventive medicines, as a benefit of membership, at no cost to you when you use a pharmacy or doctor in your health plan's network.

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### BCBSIL Preventive Care Services Contraception

Your health plan may provide certain contraceptive coverage as a benefit of membership, at no cost to you when you use a pharmacy or doctor in your health plan's network.

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## Prescription & Pharmacy

### Specialty Medications

Specialty medications for complex and/or chronic conditions can be filled through Accredo. To start using Accredo, call 833-721-1619 and an a representative will work directly with your doctor on the rest.

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### Mail Order Pharmacy

Express Scripts Pharmacy delivers your long-term (or maintenance) medicines right to your home. No driving to the pharmacy or waiting in line for your prescription to be filled. Register online at [express-scripts.com/rx](http://express-scripts.com/rx) or call 833-715-0942.

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## Wellbeing Management Services

### **Well onTarget Health Assessment Tool**

Answer a few questions to get your wellness report. Discover your healthiest habit along with top risks and strengths.

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### **Well onTarget AlwaysOn Wellness Mobile App**

The AlwaysOn Wellness mobile app has a wide variety of easy-to-use, features that allow you to take a health assessment, set personal health and wellness goals and connect with a wellness coach through secure messaging.

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### **Wellbeing Management Empower for Members**

Use your health and wellness programs to help you live better. Go to [www.bcbsil.com](http://www.bcbsil.com), register for Blue Access for Members and click on the Wellness tab.

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### **Well onTarget Digital Program**

Well onTarget offers Digital Self-Management Programs to help you develop a healthier lifestyle. Easy to access through the Well onTarget Member Wellness Portal at [wellontarget.com](http://wellontarget.com)

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### **Well onTarget Fitness Program**

Well onTarget offers personalized tools and resources to help you - no matter where you may be on the path to health and wellness. For more information, call **888-762-2583**.

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## Wellbeing Management Services

### **Teladoc for Diabetes Management**

A coach-led digital program for members with Diabetes at no cost to the member. This program combines a connected glucose meter with personal support by certified diabetes educators.

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### **Ovia Health**

The Ovia Health app offers support for reproductive health, starting a family, having a healthy pregnancy, balancing life as a parent and managing menopause.

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## Additional Services

### **BCBSIL Tobacco Cessation Coverage**

Take advantage of tools and support from your health plan. Use of counseling or medicine—or using them together—can be part of an effective plan to quit tobacco use.

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### **Travel Resource Services**

Travel Resource Services provider, Assist America, offers around-the-clock emergency and information services that can help you access emergency assistance when traveling 100 or more miles away from home.

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