

# WELCOME

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# Topics for today:

- BCBSIL – BAM and phone app
- Vision – member portal and phone app
- Wellness Program



**BlueCross BlueShield  
of Illinois**

244577.0122

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

Secure Member Portal

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

# Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>)

The screenshot displays the BlueCross BlueShield of Illinois website. At the top, there is a navigation bar with links for Welcome, Employers, Producers, Providers, Company Information, Feedback, Language Assistance, and En español. Below this is the BlueCross BlueShield of Illinois logo and the Ask IVY virtual assistant icon. A search bar is located on the right. A blue navigation bar contains links for Find Care, Our Plans, Prescription Drugs, Insurance Basics, Shop Plans, and Member Services. The main content area features a large banner for COVID-19 coverage with the text "COVID-19 Coverage You Can Count On" and a sub-headline "Stay up-to-date on your COVID-19 coverage, including testing, treatment and vaccine availability." To the right of the banner is a Member Login form with fields for User Name and Password, and buttons for "Forgot your user name?" and "Forgot your password?". Below the form is a "Log In" button and links for "New User? Register Here" and "Returning Shopper? Log in Here". At the bottom of the banner, there are three blue buttons: "Individual & Family Explore 2022 Health Plans", "Medicare Explore Plans", and "Medicaid Review Our Plans".

Access BAM online or on your mobile device at [bcbsil.com](https://bcbsil.com)

*To register you will need your ID number from your ID card or you can call Customer Service*



# Dashboard

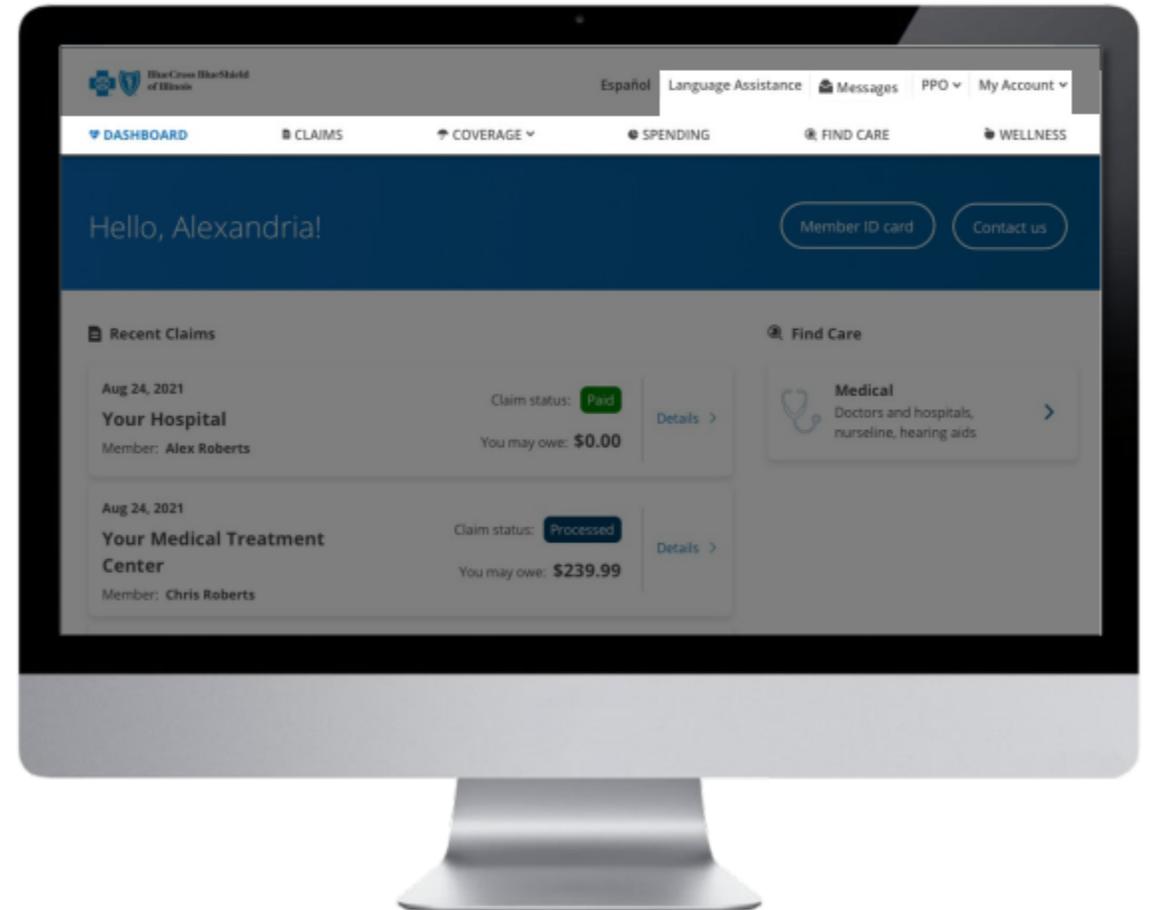
Home base for all your health  
plan information

# Do it All from Your Dashboard



From Blue Access for Members<sup>SM</sup>,  
your secure member portal, you can:

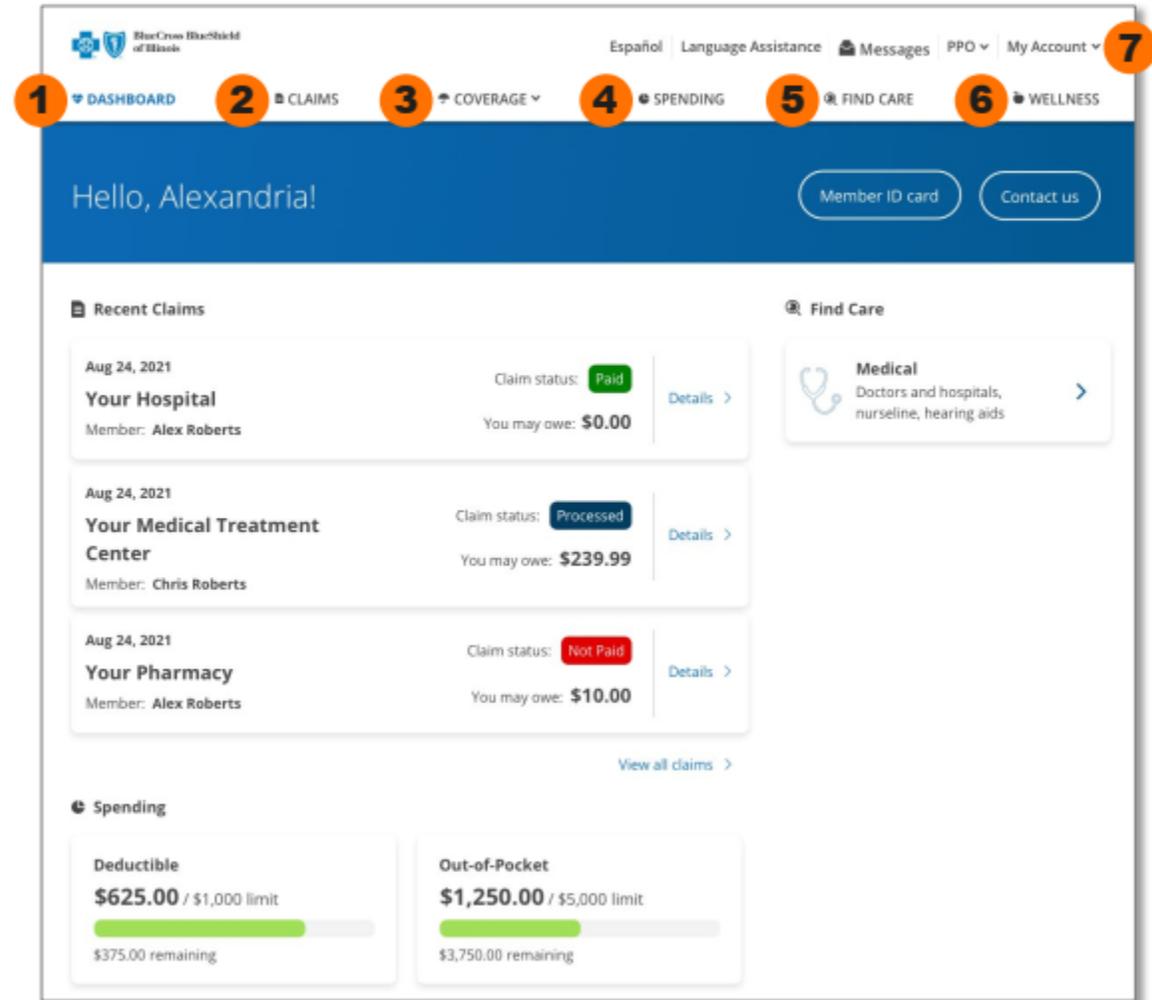
- Manage Your ID Card
- Manage Preferences
- View Coverage
- See Claims and Explanation of Benefits
- Access Spending Summaries
- Search Provider Finder\*
- Learn about Wellness Programs and Perks



# Navigation has Never Been Easier

Start here to view your claims, spending and find care.

- 1 Dashboard** – See your family’s claims and health care spending, order an ID, navigate the site quickly and easily
- 2 Claims** – View quick claims summaries or download your Explanation of Benefits (EOB)
- 3 Coverage** – See medical, dental and pharmacy benefit highlights
- 4 Spending** – Track your deductible and out-of-pocket expenses
- 5 Find Care** – Find in-network doctors, hospitals and other health care providers quickly and easily
- 6 Wellness** – Access preventive care guidelines, information and health tips for managing health conditions and living a healthier life
- 7 My Account** – Use this menu for everything else: View your health history, update your profile and preferences, sign up for electronic EOBs, find claim forms, manage privacy preferences and contact us





# Message Center

Contact Customer Service when  
it's convenient for you

# Message Center

The screenshot shows the Message Center interface. At the top, there's a navigation bar with the Blue Cross Blue Shield of Illinois logo, language options (Español, Language Assistance), and account information (Messages, PPO, My Account). Below this is a secondary navigation bar with links for DASHBOARD, CLAIMS, COVERAGE, SPENDING, FIND CARE, and WELLNESS. The main header is "Message Center". On the left, there's a sidebar with "Inbox (1 New)" and "Sent" sections. The main area is titled "Inbox" and features a "Create New Message" button. Below this is a table of messages with columns for Date, From, Subject, and Attachments. The messages listed are:

| Date         | From             | Subject   | Attachments |
|--------------|------------------|---|-------------|
| Oct 10, 2020 | Customer Service | Take care of your mental health during COVID-19                 | >           |
| Oct 10, 2020 | Customer Service | What is my deductible for surgery?<br>Reference No. 00987654321 | 📎 >         |
| Oct 8, 2020  | Customer Service | What are my benefits?<br>Reference No. 00987654321              | 📎 >         |
| Oct 3, 2020  | Customer Service | Where are my pharmacies?  | >           |
| Oct 3, 2020  | Customer Service | What are my benefits?<br>Reference No. 00987654321              | 📎 >         |
| Sep 22, 2020 | Customer Service | What is my deductible for surgery?<br>Reference No. 00987654321 | 📎 >         |
| Sep 9, 2020  | Customer Service | What are my benefits?<br>Reference No. 00987654321              | 📎 >         |

Get your questions answered via secure messaging.

- Reach out, receive messages and respond on your own time
- Send a detailed message and include attachments
- Keep your communication organized

The screenshot shows the Message Center view for a specific message. The header is "Message Center". On the left, there's a sidebar with "New Message" and "Inbox (1 New)" sections. The main area is titled "Return to Inbox" and shows the message details:

**From:** News / Updates  
**To:** Jane Smith

**Message Title**  
August 17, 2021 at 10:45 AM

Below the title is a photo of a woman smiling and talking to a child. Below the photo is a paragraph of placeholder text:

Blue Cross and Blue Shield Lorem ipsum dolor sit amet, mei te feugiat bonorum nostrum, omnes electram est ad, id error ornittam sit, ut pro idque delicata, vocent offendit assueverit ex mea. Veri laboramus definitiones id cum. An quo vivendum signiferumque, reque accusamus persequeris ut duo, ex audire sapientem explicari pri. Postea inaelegat consectetur ex nam. Delicatissimi concludaturque sit in, ex est porro liber consetetur, reque equidem lullius ei eam. Ea duo persecuti dissiuntur.

The screenshot shows the "New Message" form. The header is "New Message" and the recipient is "PPO ABC Plan Name - Medical". The form includes fields for "Sender" (Jane Smith), "Email" (jensmith@email.com), "Date" (October 16, 2020), and "Group / Subscriber" (123456 / 123456789). There are also fields for "To" (Clinical - Ask a Pharmacist), "Subject" (Question about my medication), and "Message" (a text area with placeholder text). At the bottom, there are "Attachments" (two PDF files), "Add Attachment", and "Send" buttons.



## My Account

- My Health History
- Profile and Preferences
- Contact Us
- Member ID Card
- Forms and Documents

# My Health History

## A snapshot of your health and claims:

- View a list of your providers, medical conditions and prescriptions as well as recent visits
- See test results
- Download your data to save and share

The screenshot shows the 'My Health History' dashboard for a user named John Jones. The page is titled 'My Health History' and includes a navigation bar with options like DASHBOARD, CLAIMS, COVERAGE, SPENDING, RND CARE, and WELLNESS. A 'MY ACCOUNT' dropdown menu is visible in the top right corner. The main content area is divided into two columns: 'My Providers' and 'Doctor Visits and Reported Services'. The 'My Providers' column lists three providers: Dr. Joseph Smith (General Practice), Dr. Kathleen Lawrence (Emergency Medicine), and Dr. Phillip Hawkins (Anesthesiology). The 'Doctor Visits and Reported Services' column lists three visits, each with a list of services provided. A 'BlueButton Download my data' button is located in the top right of the main content area. A note at the bottom of the main content area states: 'My Care Profile is not a medical record. It is not intended to be a complete record of your health information. Sensitive or legally prohibited data may not be listed. The record may also contain errors. This is because it relies on information given to your health plan through claims. Talk to your doctor if you have questions about this information.'

BlueCross BlueShield of Illinois

MY ACCOUNT ▾

Dashboard CLAIMS COVERAGE SPENDING RND CARE WELLNESS

### My Health History

Summary Providers & Doctor Visits ER Visits and Hospitalizations Tests, Conditions, and Medications

My Care Profile is an overview of your medical history. It is based on claims paid by your health plan. The Reported Medical Conditions lists your acute conditions in the past 12 months. It also lists your chronic conditions in the past 24 months.

Note: My Care Profile is not a medical record. It is not intended to be a complete record of your health information. Sensitive or legally prohibited data may not be listed. The record may also contain errors. This is because it relies on information given to your health plan through claims.

Talk to your doctor if you have questions about this information.

Viewing: John Jones ▾

#### My Providers

|   |                |
|---|----------------|
| <b>Dr. Joseph Smith</b><br>General Practice<br>Last Service Date: Jul 1, 2020         | (877) 774-8592 |
| <b>Dr. Kathleen Lawrence</b><br>Emergency Medicine<br>Last Service Date: Jun 12, 2020 | (877) 555-5567 |
| <b>Dr. Phillip Hawkins</b><br>Anesthesiology<br>Last Service Date: Jun 12, 2020       | (877) 555-5567 |

[View All Providers >](#)

#### Doctor Visits and Reported Services

|   |                |
|---|----------------|
| <b>Dr. Joseph Smith</b><br>Last Service Date: Jul 1, 2020<br><b>2 Services:</b><br>Annual Checkup, Blood work   | (877) 347-8732 |
| <b>Dr. Joseph Smith</b><br>Last Service Date: Jun 12, 2020<br><b>7 Services:</b><br>Annual checkup, Blood work, Testing services, Lorem ipsum, Another service here, MRI, Diagnostics | (877) 347-8732 |
| <b>Dr. Joseph Smith</b><br>Last Service Date: Jun 12, 2020<br><b>4 Services:</b><br>Testing services, Another service here, MRI, Diagnostics  | (877) 347-8732 |

BlueButton Download my data

# Profile and Preferences

Tell us how you'd like us to communicate:

- Select email or text for various communications
- Select your language preference
- Update contact information

BlueCross BlueShield of Illinois

Español | Language Assistance | MY ACCOUNT

DASHBOARD | CLAIMS | COVERAGE | SPENDING | FIND CARE | WELLNESS

## Profile and Preferences

**Contact Information** Refresh Edit

**Language Preferences**

**Notification Preferences**

**Account Password**

**Contact Information**

Member Name  
John Smith

Mailing Address ⓘ  
123 West Maple St.  
Somewhere, IL 60060

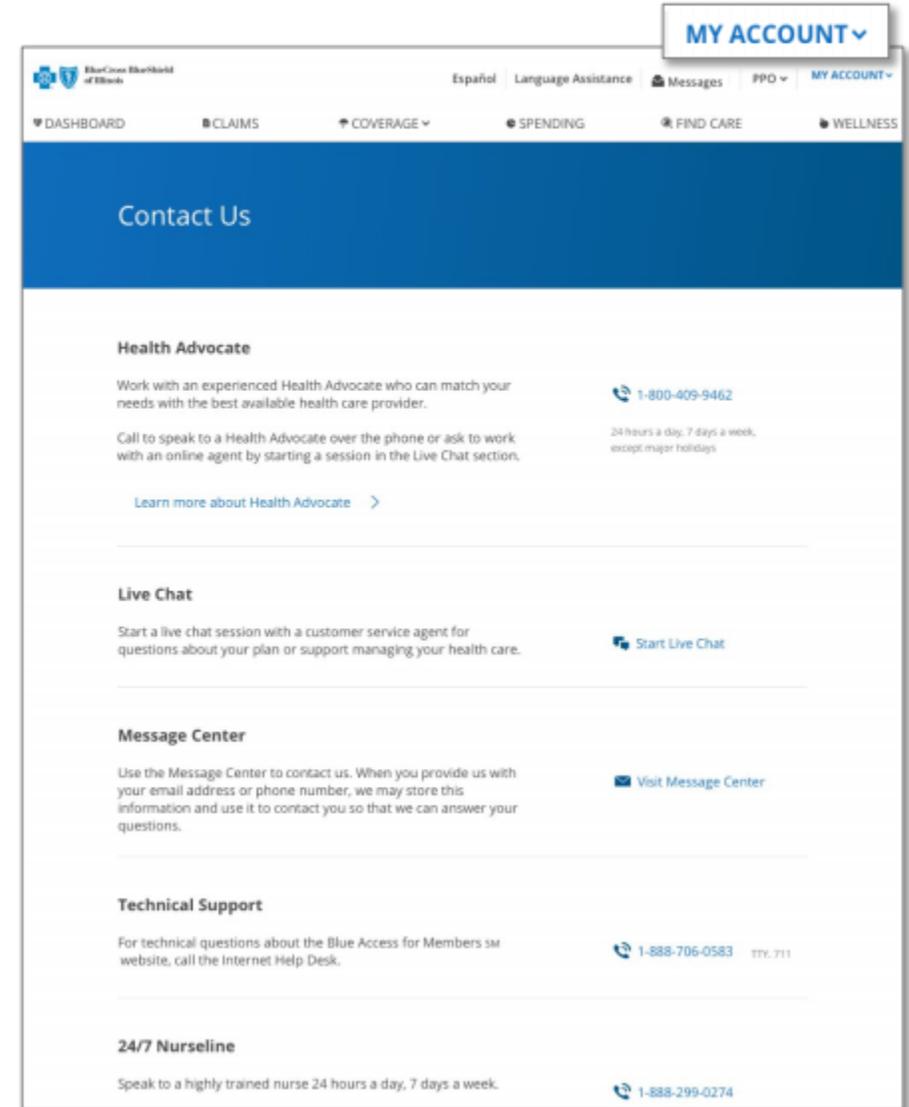
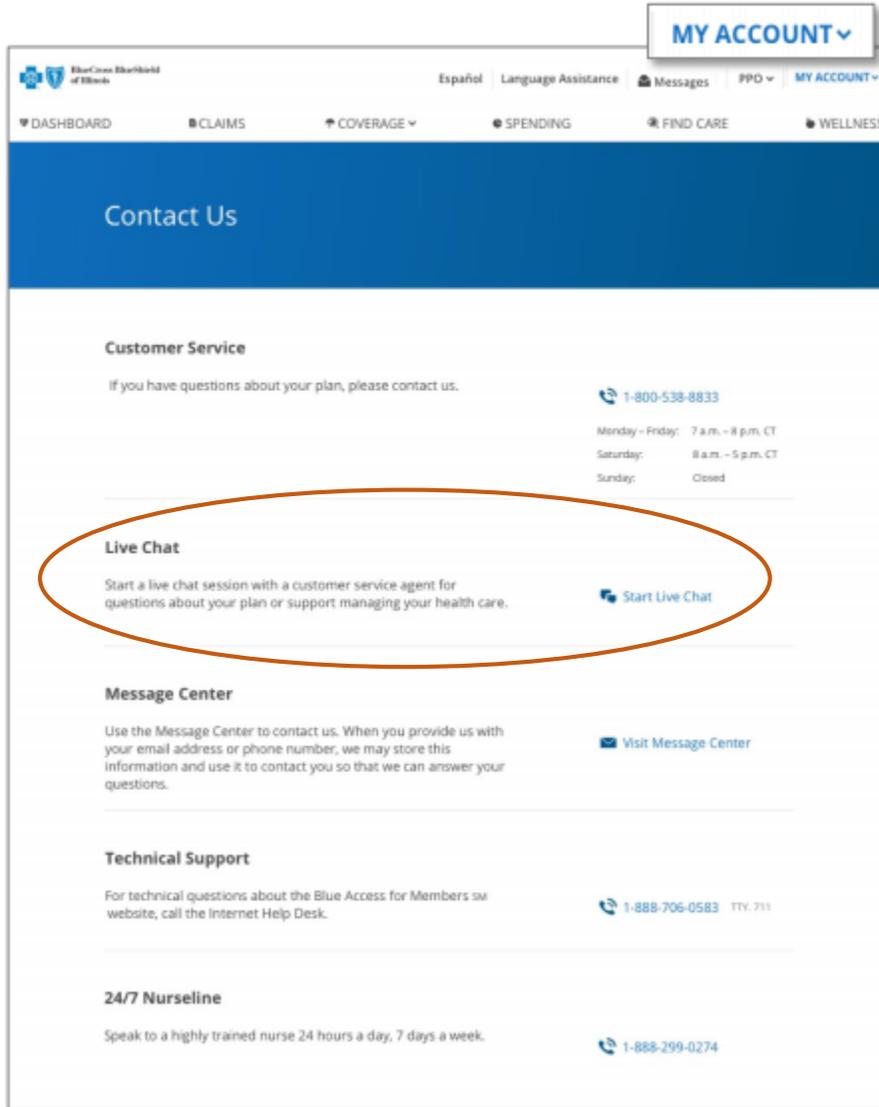
Email Address  
jsmith@email.com ⓘ Not Verified  
Didn't get an email? Check your spam folder or send a new verification message.

Phone Number for Calls  
(708) 555-5555

Phone Number for Texts  
(708) 555-5555 ⓘ Verified

# Contact Us

Quickly find the right contact for the information you need right now.



# Member ID Card

Forgot your member ID card? View and print a temporary card, or request a replacement, if needed.

**BlueCross BlueShield of Illinois**

MY ACCOUNT

Español | Language Assistance | MY ACCOUNT

DASHBOARD CLAIMS COVERAGE SPENDING FIND CARE WELLNESS

## Member ID Card

Medical **Pharmacy** Dental Vision Hearing

### Temporary Member ID Card

The image is your member ID card and proof of insurance for any doctor or hospital visit. Simply download or print the image and show it to your Provider.

[View and Download](#)

### Need a New ID Card?

You can use the Temporary Member ID card provided, download the [Blue Cross Blue Shield of Illinois \(BCBSIL\)](#) app to view on your mobile device, or order a new ID card.

[Order New Member ID Card](#)

# Forms and Documents

View, download and print claim, prescription mail order, privacy and other forms and documents.

BlueCross BlueShield of Illinois

MY ACCOUNT

Español | Language Assistance | MY ACCOUNT

DASHBOARD CLAIMS COVERAGE SPENDING FIND CARE WELLNESS

## Forms and Documents

All Forms and Documents

Searchs 38 Results

|                        |                                     |      |
|------------------------|-------------------------------------|------|
| Account Administration | Account Admin Document              | View |
| Account Administration | Account Administration Form         | View |
| Applications           | Application Document                | View |
| Authorizations         | Authorizations Document - (Spanish) | View |
| Authorizations         | Authorizations Form                 | View |



# Claims

All your claims, all in one place

# Claims

From the Claims tab, you can easily:

- View a summary of recent claims
- Search for claims by provider or claim number
- Select and download claim details
- View or print Explanation of Benefits
- Access claim FAQs

Blue Cross Blue Shield of Illinois

Spanish | Language Assistance | MY ACCOUNT ▾

DASHBOARD CLAIMS COVERAGE ▾ SPENDING FIND CARE WELLNESS

## Claims

If you receive a bill from a provider, [contact us](#) immediately. We will review the bill and contact the provider to find out why you were billed. You should never get a bill from an in-network provider for covered services.

Search for Claims  Filter [Select and Download Claims](#) ▾

35 Results

|  |  |                           |                                 |                           |
|--|--|---------------------------|---------------------------------|---------------------------|
| Aug 24, 2019<br>CVS Pharmacy<br>Patient: Alex Roberts                                      | Claim Status: <b>Paid</b><br>Claim #: 98818297378977 | Total Billed:<br>\$271.97 | You May Owe:<br><b>\$0.00</b>   | <a href="#">Details</a> > |
| Aug 17, 2019<br>Northwestern Hospital<br>Patient: Alex Roberts                             | Claim Status: <b>Paid</b><br>Claim #: 123456712345   | Total Billed:<br>\$65.09  | You May Owe:<br><b>\$2.42</b>   | <a href="#">Details</a> > |
| Aug 1, 2019<br>University of New Mexico<br>Women's Medical Center<br>Patient: Alex Roberts | Claim Status: <b>Paid</b><br>Claim #: 738100238172   | Total Billed:<br>\$274.39 | You May Owe:<br><b>\$24.16</b>  | <a href="#">Details</a> > |
| Jul 1, 2019<br>Walgreens Pharmacy<br>Patient: Alex Roberts                                 | Claim Status: <b>Paid</b><br>Claim #: 903231773008   | Total Billed:<br>\$844.81 | You May Owe:<br><b>\$401.32</b> | <a href="#">Details</a> > |

# Claim Detail

## Learn more about your claim:

- The billed charge and how much was saved by using a network provider
- What your Plan paid
- Payment by any other insurer, if applicable

Aug 1, 2020 Close Detail

### Women's Medical Center

Claim Status: **Paid** View Full Claim Detail (EOB)

---

**Member:** Alex Roberts  
**Claim #:** 738100238172  
**Claim Type:** Medical  
**Last Updated:** Aug 17

|                                 |                  |
|---------------------------------|------------------|
| <b>Total Billed by Provider</b> | <b>\$274.39</b>  |
| Network Discount                | - \$208.77       |
| Paid By Plan                    | - <b>\$41.46</b> |
| Paid By Another Source          | - \$0.00         |

**Amount You May Owe** **\$24.16**

[Service Detail](#) View the cost breakdown for each service



# Coverage

Get an overview of your health plan benefits

# Coverage and Benefits

View your benefit highlights, including:

- Coinsurance/copays
- Deductible and out-of-pocket maximum
- Details on how the BlueCard® program works

The screenshot shows the BlueCross BlueShield of Illinois website interface. At the top, there is a navigation bar with the company logo, 'Español | Language Assistance | MY ACCOUNT', and a menu with 'DASHBOARD', 'CLAIMS', 'COVERAGE', 'SPENDING', 'FIND CARE', and 'WELLNESS'. The 'COVERAGE' menu item is highlighted with a box. Below the navigation bar is a blue header with the text 'Coverage and Benefits'. Underneath, there are tabs for 'Medical, Dental, and Vision' (selected) and 'Pharmacy'. The main content area shows 'ABC Plan Name' with a 'Member ID Card' button and a 'Show Plan Details' link. A 'Benefit Highlights' section is highlighted with a blue header. Below this, there is a table of copay amounts for various services.

| All My Benefits             |             |
|-----------------------------|-------------|
| Virtual Visits              |             |
| Virtual Visit Copay         |             |
| In-Network                  | \$200       |
| Out-of-Network              | Not Covered |
| Office Visit Copay          |             |
| In-Network                  | \$30        |
| Out-of-Network              | \$60        |
| Specialist Care Visit Copay |             |
| In-Network                  | \$30        |
| Out-of-Network              | \$60        |

# MyPrime.com

## Link from Blue Access for Members<sup>SM</sup> to:

- Locate a pharmacy
- Find drugs/drug list
- View prescription claim history
- Learn about specific drugs and ways to save, including available generic options
- Get tips on using MyPrime.com, find forms and other helpful information

Prime Therapeutics LLC, a separate company, is a pharmacy benefit management company. Blue Cross and Blue Shield of Illinois (BCBSIL) contracts with Prime Therapeutics to provide pharmacy benefit management and other related services. In addition, contracting pharmacies are contracted through Prime Therapeutics. The relationship between BCBSIL and contracting pharmacies is that of independent contractors. BCBSIL, as well as several Independent Blue Cross and Blue Shield Plans, has an ownership interest in Prime Therapeutics. MyPrime.com is an online resource offered by Prime Therapeutics LLC.

The screenshot shows the MyPrime.com website. At the top right, there are language options (Eng, Esp), accessibility icons (A, A), and the Prime Therapeutics logo. A dark blue navigation bar contains a home icon, 'Medicines', 'Pharmacies', 'Learn', and 'Forms' with dropdown arrows, followed by a user profile 'John' and a mail icon. The main content area features a 'COVID-19 Update: Vaccine Coverage Information' section with a text block. Below this is a large banner with a photo of a smiling man and the text 'Welcome to MyPrime' and 'Easily manage your medicines'. Underneath the banner is a section titled 'Manage your medicines' with three circular icons: a magnifying glass for 'Find medicines', a location pin for 'Find a pharmacy', and a document with 'Rx' for 'See prescription history'. Each icon has a corresponding text block below it.

Eng Esp A A PRIME THERAPEUTICS

Medicines Pharmacies Learn Forms John

**COVID-19 Update: Vaccine Coverage Information**

Approved COVID-19 vaccines are covered by your health insurance benefit. Check with your local health department to learn where to get a vaccine. Contact your health plan if you have questions.

**Welcome to MyPrime**

**Easily manage your medicines**

Use MyPrime.com to save money on medicines for you and your family. We make it easy to compare costs for medicines and find the nearest pharmacy in your network.

**Manage your medicines**

**Find medicines**  
See cost and coverage information for your medicines

**Find a pharmacy**  
Search pharmacies in your network

**See prescription history**  
Review your prescription history and cost information

# Prior Authorizations

BlueCross BlueShield of Illinois

Spanish | Language Assistance | MY ACCOUNT

DASHBOARD CLAIMS **COVERAGE** SPENDING FIND CARE WELLNESS

## Prior Authorizations and Referrals

**Prior Authorizations** Referrals

Filter

View by 10 30 Results

|  |                                  |  |                                     |
|--|----------------------------------|--|-------------------------------------|
| June 10 - June 28<br><b>Member:</b> John Doe<br><b>Overall Status:</b> <span style="color: green;">Approved</span> | <b>Request ID:</b><br>U18067AAAC | <b>Provider:</b><br>North Shore Medical Center Lake Forest | <a href="#">Status Details &gt;</a> |
| June 10 - June 28<br><b>Member:</b> John Doe<br><b>Overall Status:</b> <span style="color: purple;">Pending</span> | <b>Request ID:</b><br>U18067AAAC | <b>Provider:</b><br>North Shore Medical Center Lake Forest | <a href="#">Status Details &gt;</a> |
| June 10 - June 28<br><b>Member:</b> John Doe<br><b>Overall Status:</b> <span style="color: green;">Approved</span> | <b>Request ID:</b><br>U18067AAAC | <b>Provider:</b><br>North Shore Medical Center Lake Forest | <a href="#">Status Details &gt;</a> |

If you need care that requires prior authorization, or a referral, view the details and track status here.

John Doe

**Feb 10 - Jun 28**

**Overall Status:** Partially Approved

**Provider:** Northwestern Medical  
**Treatment Setting:** Barnyard  
**Request ID:** U18067AAAC  
**Denial Letter (1)**

**2 Services:**

**Service name**

Observation or inpatient hospital care, for the evaluation and management of a patient including admission and discharge on the same date, which requires these 3 key components: A detailed or comprehensive history; A detailed or comprehensive examination; and Medical decision making that is straightforward or of low complexity. Counseling and/or coordination of care with other physicians, other qualified health care professionals, or agencies are provided consistent with the nature of the problem(s) and the patient's and/or family's needs. Usually the presenting problem(s) requiring admission are of low severity. Typically, 40 minutes are spent at the bedside and on the patient's hospital floor or unit.

**3** Visits Allowed  
**Status:** APPROVED  
Oct 26 - Dec 25

**5** Visits Requested  
**Status:** PARCIALLY APPROVED  
Oct 26 - Dec 25

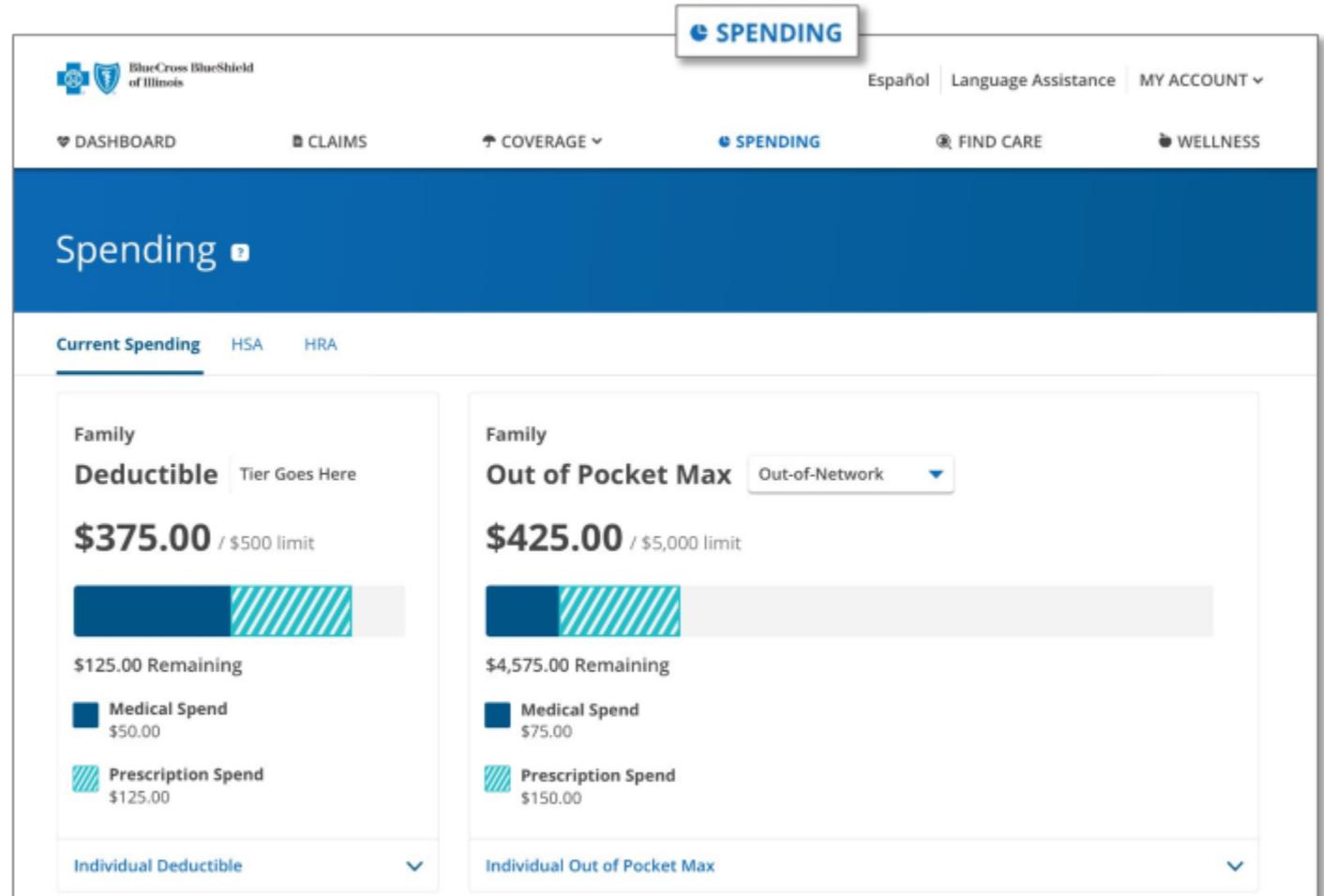


# Spending

Track you and your dependents' medical spend for the year

# Spending

View where you are at in meeting your deductible and out-of-pocket maximum. Also see how your spending breaks down between medical and pharmacy.





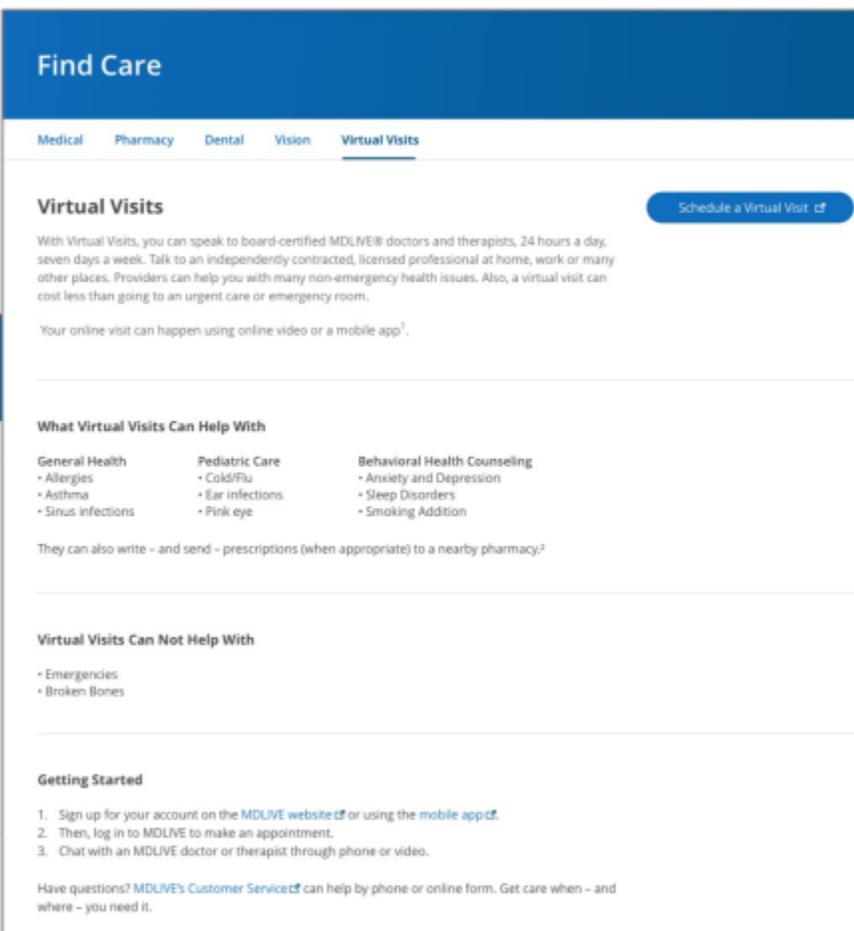
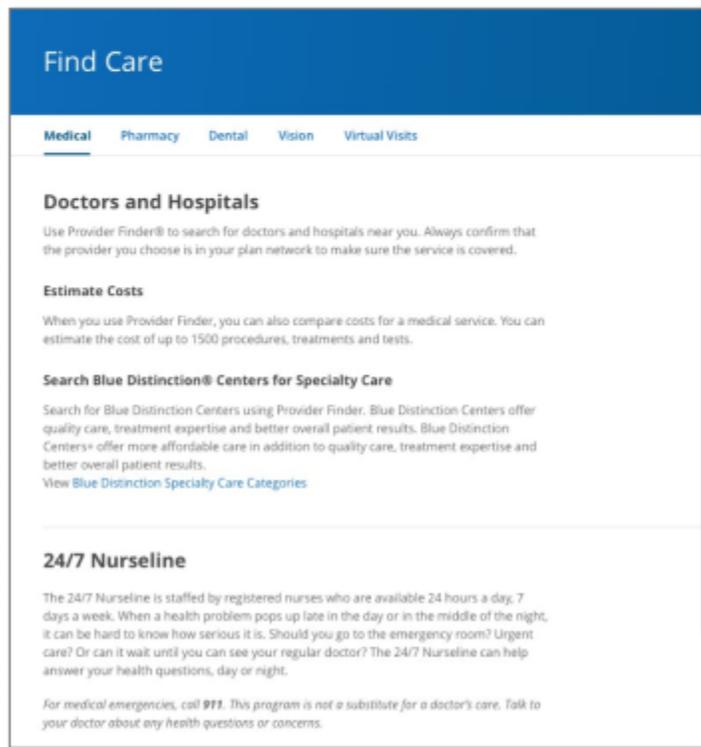
## Find Care

Search for in-network providers, facilities, pharmacies and get cost estimates

# Find Care

## From the Find Care tab you can:

- Access Provider Finder® to find care and get cost information
- Find a network pharmacy or dentist
- Schedule a virtual visit
- Find out about the 24/7 Nurseline Audio Health Library



# Provider Finder<sup>®</sup>

## Provider Finder allows you to:

- Search for a doctor, hospital, behavioral health provider or urgent care center
- Get a cost estimate for a needed procedure – before you schedule – and find out if you are eligible for Member Rewards

The screenshot shows the Provider Finder web application interface. At the top, a dark blue header contains the text "Good Morning, John!" and "Browse or search to find the care you need." Below this is a white search bar with a magnifying glass icon and the placeholder text "Search for Names, Specialties, and Procedures". Underneath the search bar, a horizontal menu lists "Common Searches" with several categories: "Primary Care", "Urgent Care", "Behavioral Health", "Hospital", "Physician Office Visit", and "MRI (without contrast), Lower Spine". The main content area is light blue and features a "Browse by Category" section. This section includes a sub-header "Browse by Category" and the text "Find results using these care categories". Below this are six category cards arranged in a 2x3 grid. Each card has a title, an icon, and a brief description. The categories are: "Member Rewards" (truck icon), "Medical Care" (clipboard icon), "Urgent Care Center" (ambulance icon), "Behavioral Health" (head icon), and "Cost Estimates" (dollar sign icon). The "Member Rewards" card is highlighted with a green border.

**Good Morning, John!**  
Browse or search to find the care you need.

Search for Names, Specialties, and Procedures

Common Searches: Primary Care | Urgent Care | Behavioral Health | Hospital | Physician Office Visit | MRI (without contrast), Lower Spine

**Browse by Category**  
Find results using these care categories

- Member Rewards** (Truck icon): Search for a reward eligible location for your doctor recommended procedure or service.
- Medical Care** (Clipboard icon): Find general doctors, specialists, hospitals, urgent care centers, group practices, labs, an...
- Urgent Care Center** (Ambulance icon): Treatment for a condition that is not life threatening, but requires prompt attention.
- Behavioral Health** (Head icon): Treatment for Mental Health and Substance Use Disorders.
- Cost Estimates** (Dollar sign icon): Compare costs for any procedure, or find out what your copay is.



# Wellness

Your one-stop shop for wellness

# Wellness

## Take charge of your health.

- Access your Plan's wellness programs
- View wellness guidelines
- Find information and resources on numerous health topics

Blue Cross Blue Shield of Illinois

Español | Language Assistance | Messages | My Account

DASHBOARD | CLAIMS | COVERAGE | FIND CARE | WELLNESS

## Wellness

Care Coordination | **Wellness Topics**

### Programs

#### Well onTarget

Well onTarget has tools and resources to help you manage your health:

- Health Assessments to help you measure your health.
- Digital Self-Management Programs, lessons, and challenges to help you reach your wellness goals.
- With the BluePoints<sup>SM</sup> program, you can earn points by completing activities and reaching goals. These points can be redeemed online for rewards.
- Track healthy habits, sync your fitness and nutrition devices with the Well onTarget portal or download the app.

[Visit Well onTarget](#)

#### Naturally Slim

The Naturally Slim® program can help you lose weight and improve your overall health - all while eating the foods you love.

Being at a healthy weight may help lower your chances of getting diabetes or heart disease. This program will help you learn that it's not what you eat, but when and how. You'll get digital courses, an online dashboard, mobile app, social community, coaching support and more, all focused on helping you build new skills to have a healthy relationship with food and physical activity.

Naturally Slim is available to you and your covered dependents (age 18 and over). There are no out-of-pocket costs for this in-network preventive program.

You will receive information from your employer about how to sign up for the Naturally Slim program.

### Wellness Guidelines

Preventive care is very important for both adults and children. By making some good basic health choices, you can boost your own health and well-being. Learn more:

- [Adult Wellness Guidelines](#)
- [Perinatal Wellness Guidelines](#)
- [Children's Wellness Guidelines](#)

### Articles

We offer a variety of health topics and tips that can help you take control of your well-being and help you live a healthier life.

- [Alcohol Awareness](#)
- [Allergies](#)
- [Arthritis](#)
- [Asthma](#)

# Well onTarget®

## Portal Highlights

- Health Assessment
- Personalized “My Journey” member dashboard
- “Explore” wellbeing resources
- Digital self-management programs
- Coaching program<sup>1</sup>
- Wellness Challenges
- Fitness and nutrition tracking and device integration
- Trackers and tools
- Health and wellness content
- Secured messaging
- Blue Points<sup>SM</sup> rewards<sup>2</sup>

The screenshot displays the Well onTarget member dashboard. At the top, the logo and user name 'Good Morning, JOHN!' are visible. The dashboard is divided into three main sections: 'HEALTH ASSESSMENT' showing 30% completion, 'CONNECTED DEVICES AND APPS' showing 2 devices, and 'BLUE POINTS<sup>SM</sup>' showing 1,500 points. Below these are navigation tabs for 'My Journey', 'Welcome Video', 'Health Assessment', and 'Set a goal to work with a Coach'. The main content area features three large cards: 'Welcome Video' with a 'Watch The Video' button, 'Health Assessment' with a 'Take me there' button, and 'Set a goal to work with a Coach' with a 'Set a Goal' button.

<sup>1</sup>May be included in other packages.

<sup>2</sup>Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information.

# Dental Wellness Center<sup>®</sup>

## A comprehensive, user-friendly site for dental members

- Great resources for dental health information
- Provides an overview on how dental benefits work
- Updated interactive web tools include:
  - Find a Dentist
  - Dental Cost Advisor
  - Ask a Dentist
  - Treatment and Procedure Videos

The screenshot shows the top of the Dental Wellness Center website. At the top right, there is a language toggle for "En español" and the site title "Dental Wellness Center DWC". Below this is a navigation bar with links: "Dental Health Information", "Accessing Dental Care", "Using Your Dental Plan", "Mouth ⇄ Body Connection", and "Find a dentist". The main content area features a large image of a smiling family (a woman, a man, and a child) sitting on a couch. Overlaid on the left side of the image is the text "Welcome to Your Dental Wellness Center". Below the image are three interactive tool cards: 1. "Find a Dentist" with a location pin icon, a description "Search our extensive dental network.", and a "Search here" button. 2. "Dental Health Information" with a tooth icon, a description "Educate yourself on oral health and prepare for your next visit to the dentist.", and an "Explore the Library" button. 3. "Ask a Dentist" with a speech bubble icon, a description "Get answers to your questions about oral health care for you and your family.", and a "Send Us a Question" button.

The Dental Wellness Center is an online resource offered by Go2Dental. Go2Dental is an independent company contracted with Dental Network of America, LLC, the administrator of BCBSIL dental products.



# Blue Access Mobile<sup>®</sup>

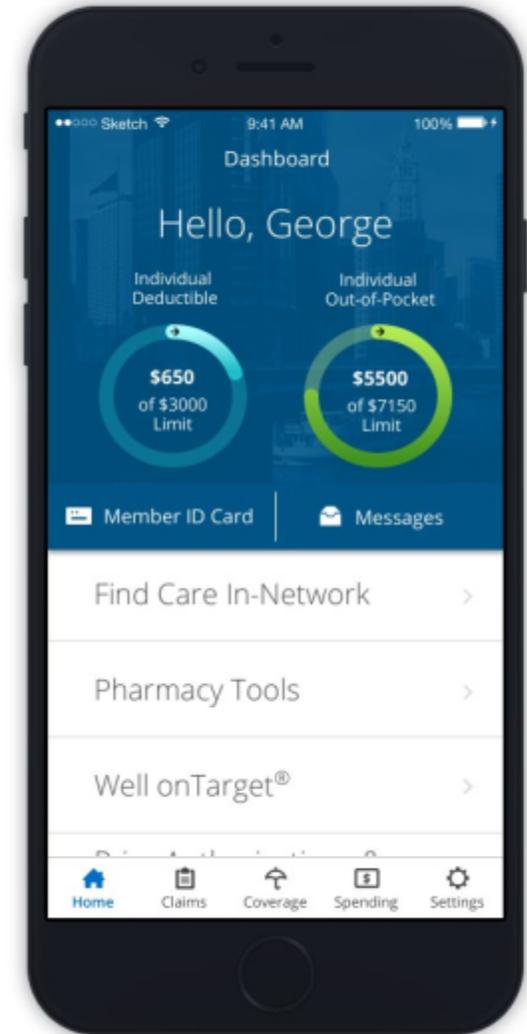
Health management on the move

# BCBSIL App

## Members can use the app to:

- View or email ID card information, or add it to Apple Wallet
- Get a coverage overview, including medical and prescription copay information
- Check claims status and see what they may owe
- Find in-network doctors, hospitals and urgent care facilities
- Read doctor and hospital reviews
- Available in Spanish — set the phone's language preference to Spanish to access

**Text BCBSIL to 33633 to download the app**



# Vision Benefit Information and Resources

Finding a provider and scheduling an appointment is

**AS EASY AS...**

At Blue Cross and Blue Shield of Illinois, we've made it easier than ever to access your vision benefit information and schedule your annual eye exam. Everything you need is available through our member portal.

**1.** Register and log in to the member portal at [eyemedvisioncare.com/bcbsilvis](https://eyemedvisioncare.com/bcbsilvis).

**2.** Review your vision benefit information.<sup>1</sup>

Our member portal gives you access to benefit details, claims, provider locations and more. And since many providers offer extended evening and weekend hours, you can get care when it works for you.

**3.** Find a provider near you:

Log in to [eyemedvisioncare.com/bcbsilvis](https://eyemedvisioncare.com/bcbsilvis), and then select “Click here to find a provider.” Enter your zip code to be connected with eye health experts near you.

# Mobilize Your Vision Plan

## Vision Benefit App, Powered by EyeMed

The EyeMed member app was the first of its kind. But innovation—like your life—never stops. Your vision benefit is powered by EyeMed, which means you are able to download the EyeMed member app to access ahead-of-the-game resources wherever you are—before, during and after your eye appointment.

### Here's How to Access the EyeMed Member App



#### 1. DOWNLOAD

Search "EyeMed Members" in your App store, iTunes or Google Play.



#### 2. OPEN

You can use some features right away; others unlock once you register.



#### 3. REGISTER

You'll need your member ID or the last four digits of your Social Security number.



#### 4. LOG IN

It's that easy!

# FSD 145

Employee Wellness Program



09.01.22 - 05.31.23\*

*\*Final day to submit points - 5.31.23 No points will be accepted after this deadline.*

**For all full-time employees who are enrolled in  
Freeport School District #145 Healthcare (medical) Benefits. (BCBSIL)**

**Participants in the Wellness Program may use the Payroll Deduction Agreement for fitness trackers over \$150.00. Order your tracker through Steve Owens in Purchasing to participate. Questions? Call Michelle Keister at 815.232.0305. Offer expires 12.31.2022**

## **Virtual Seminar Series**

**Links to the seminars will be sent to you via e-mail.**

Watch your email for specifics.

Join the **Anxiety Detox** group to count as one of your Virtual Seminar Series. More information is included in your invite email.

(Maximum of 50 points per year for participation.)



Do I need to register?  
How do I earn points?

**[fsd145.org/wellness](https://fsd145.org/wellness)**

- Wellness Seminar Attendance
  - BCBSIL
  - Anxiety Detox
  - Webinars

Maximum 4 per year

Notified by email from **health@fsd145.org**

# Gym Attendance

- 8 times per month
- Minimum 30 minutes
- Home equipment allowed with approval





## Group Fitness Class

- 3 times per month
- Minimum of 30 minutes in length

## 10,000 or More Steps per Day or 30 Minutes Moderate Exercise

- 8 times per month required
- Verified by App printout or screenshot of your activity.

### Examples of moderate-intensity aerobic activities:

- brisk walking (at least 2.5 miles per hour)
- water aerobics
- dancing (ballroom or social)
- gardening
- tennis (doubles)
- biking slower than 10 miles per hour

Vigorous intensity activities will push your body a little further. They will require a higher amount of effort. You'll probably get warm and begin to sweat. You won't be able to talk much without getting out of breath.

- Annual Wellness Exam/Physical
- Annual Dental Exam
- Annual Vision Exam

1 each per year (exams dated 6/1/22 – 5/31/2023)

# Biometric Screening Participation

- 1 per year
- Watch your email for dates/locations!



# Monthly Challenges

# Thank You

Insurance Information: [fsd145.org/health](https://fsd145.org/health)

Wellness Program Information: [fsd145.org/wellness](https://fsd145.org/wellness)