



**BlueCross BlueShield  
of Texas**



# **Welcome to the 2021 Benefit Health Fair**



Image of Dallas Hall taken from: <https://www.google.com>  
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no other purpose.

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

- Check claims and claims history
- View, save or print Explanation of Benefits (EOBs)
- Sign up for electronic EOBs, and save paper
- View benefits and covered dependents
- Check coverage details and Rx benefit information
- Manage mobile and texting preferences
- Request new ID cards or print temporary ID cards
- Access health and wellness information and guides
- Get details on wellness, discounts, 24/7 Nurseline
- Use Provider Finder<sup>®</sup> to find in-network doctors and hospitals

Log and perform protected transactions

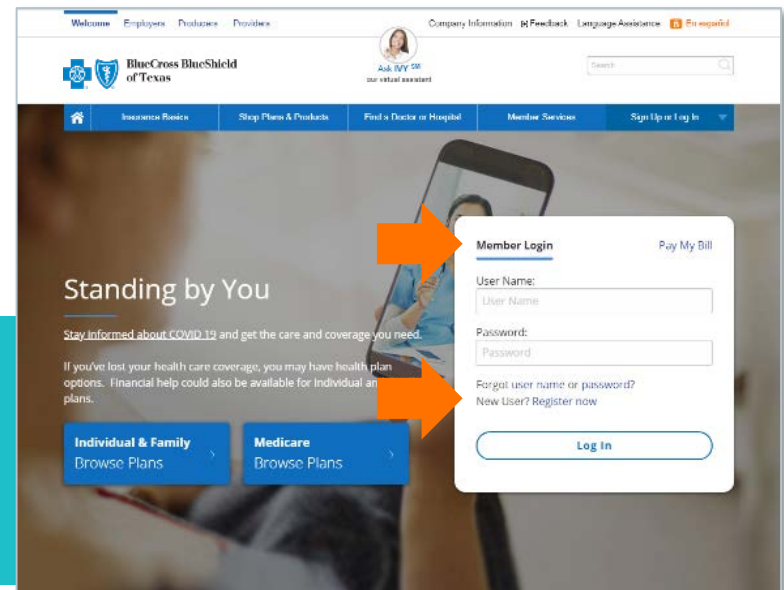
**24 hours a day, 7 days a week\***

Go to **bcbstx.com** and log in to Blue Access for Members via web or mobile

Click **Register Now** if you are a new user

## BCBS Mobile App

- Same login as Blue Access for Members
- Access temporary digital member ID card
- Secure login with Face ID (iOS only) and Fingerprint ID

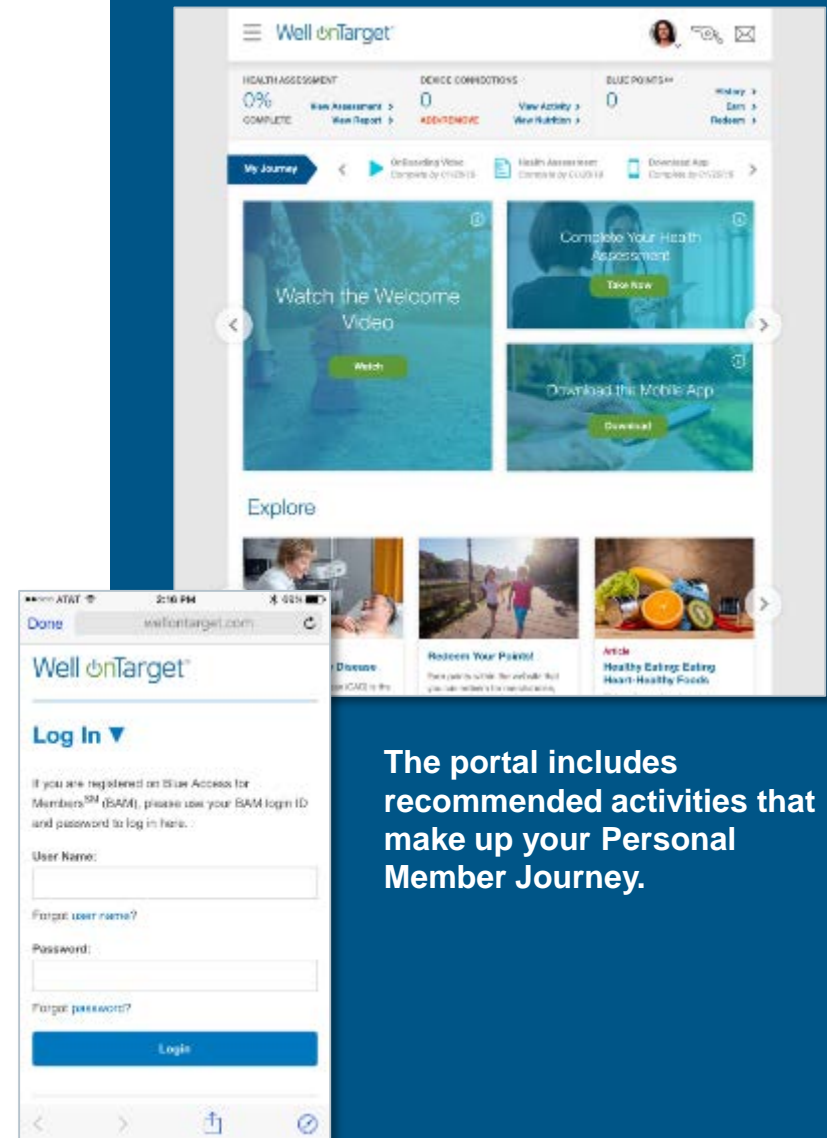


# Member Wellness Portal

## Well onTarget® Highlights

- Health Assessment
- Member dashboard
- Digital self-management programs
- Trackers and tools
- Interactive symptom checker
- Health and wellness content
- Secured messaging
- Blue Points<sup>SM</sup> rewards\*
- Fitness Program
- Tracking for fitness and nutrition and also device integration
- Personal wellness challenges
- Mobile app (AlwaysOn)

The Fitness Program is provided by Tivity Health™ Services, LLC, an independent contractor which administers the Prime® Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc. Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.



The portal includes recommended activities that make up your Personal Member Journey.

# Well on Target Fitness Program

- Offered to members of participating BCBSTX plans and their dependents
- Unique program designed to promote health, wellness and activity for adults 18+\*
- Access to multiple fitness locations, nationwide, where members live, work and travel; existing and potential members can search for locations by accessing the Fitness Program page through Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>) or through the Well onTarget Fitness Program mobile app.
- Easy online enrollment (or by phone) plus fitness location finder



Multiple gyms



No contracts



Flexible Plans

\* Individuals must be 18 years old to purchase a membership. Dependents, 16 -17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness program member. Check your preferred location to see their membership age policy. Underage dependents can login and join through the primary member's account as an "additional member."

# Flexible Gym Network

A choice of gym networks to fit budgets and preferences.\*

Plan Options	Base	Core	Power	Elite
Monthly Fee	\$19	\$29	\$39	\$99
Gym* Facility Network Size	3,000	7,500	12,000	12,400
\$19 Initiation Fee				

- **Studio Class Network:** Boutique-style classes and specialty gyms are pay-as-you-go with 30% off every 10th class.
- **Family Friendly:** Expands gym network access to your covered dependents at a bundled price discount. Member pays only one enrollment fee per family.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

\* Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.

Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

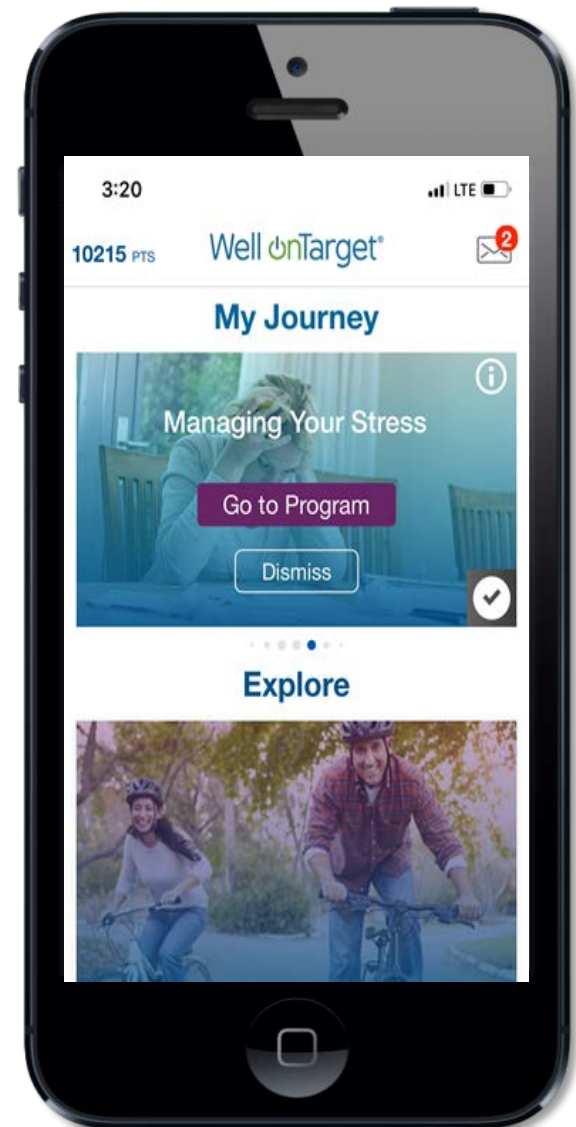
## Selecting Options

- You can select an option based on your preference. Once you pay, you'll have access to all locations within the purchased plan and those at the lower price too.
- The Elite plan will have the option to select one home elite gym and access to all other gyms.
- You have the option to change your elite home gym monthly.

# AlwaysOn Wellness Mobile App — Well onTarget®

## Mobile App Features

- Health Assessment
- My Journey dashboard
- Explore your Wellbeing
- Digital Self-Management Programs
- Health Trackers
- Personal Wellness Challenges
- Blue Points<sup>SM</sup> balance



# Get Care When and Where You Need It – Virtually with MDLive

- Whether you're at home or traveling, access to an independently contracted, board-certified doctor is available 24/7
- You can speak to an MDLIVE doctor immediately or schedule an appointment for a time that works for you
- A virtual visit can also be a better alternative than going to the emergency room or an urgent care center
- Go to [mdlive.com/bcbstx](https://mdlive.com/bcbstx) and click [Activate Now](#) to get started



# When to Schedule a Virtual Visit

## Non-Emergency Medical Conditions

- Allergies
- Cold and flu
- Earache
- Fever
- Headache
- Insect bites
- Nausea
- Pink eye
- Sore throat
- And more ...

## Behavioral Health

- Depression and anxiety
- Marital problems
- Child behavior and learning issues
- Financial hardship
- Coping with loss and grief
- Stresses and challenges of everyday life



## Pediatric Care

- Cold and flu
- Pink eye
- Nausea

## Conditions that may not be treatable:

- Emergency situations (bleeding, heart attack, stroke, etc.)
- Urinary tract infection in females under 18 or males
- Sexually transmitted diseases (STDs)
- Children with fever (under 3) or ear pain (under 12)

**If you are having symptoms of a medical emergency, call 911 or go to the nearest emergency room**

# Telehealth Services Available to SMU Members: Comparable to face-to-face visits.

- Telehealth services is an added benefit to give you more health care access and reduce the risk of exposure to COVID-19 or other viruses
- Telehealth visits are similar to seeing your provider at an in-office visit.
- Doctors and other health care professionals contracted with BCBSTX can provide covered services through telehealth
- Telehealth coverage is in addition to your MDLive virtual visit benefit
- Coverage submitted by an Out of Network provider will be based on SMUs OON plan benefits

## 24/7 Nurseline

**Advice anytime.**

Advice isn't just needed  
from 9 to 5.

Round-the-clock health and wellness  
advice from licensed nurses

Plus, you can also listen to more than  
1,000 health topics

**800-581-0368**

Available in English and Spanish



# More Fitness Program Features: Blue Points

SM

**Blue Points** : Members can earn points for working out and redeem them for apparel, books, electronics, health and personal care items, music and sporting goods.\*

- Get 2,500 points for joining the Fitness Program
- Earn additional points for weekly visits
- Log on to **wellontarget.com** today to find all the interactive tools and resources you need to start racking up Blue Points.

## Participate in Activities That Match Your Goals

Look how quickly your Blue Points can add up! Here are some sample activities you can complete to earn Blue Points:

Activities	Potential Blue Points Amounts
Completing the Health Assessment every six months <sup>4</sup>	2,500 points every six months
Complete a Self-management Program	1,000 points per quarter
Using the trackers to track your progress toward your goals	10 points, up to a maximum of 70 points per week
Enrolling in the Fitness Program	2,500 points

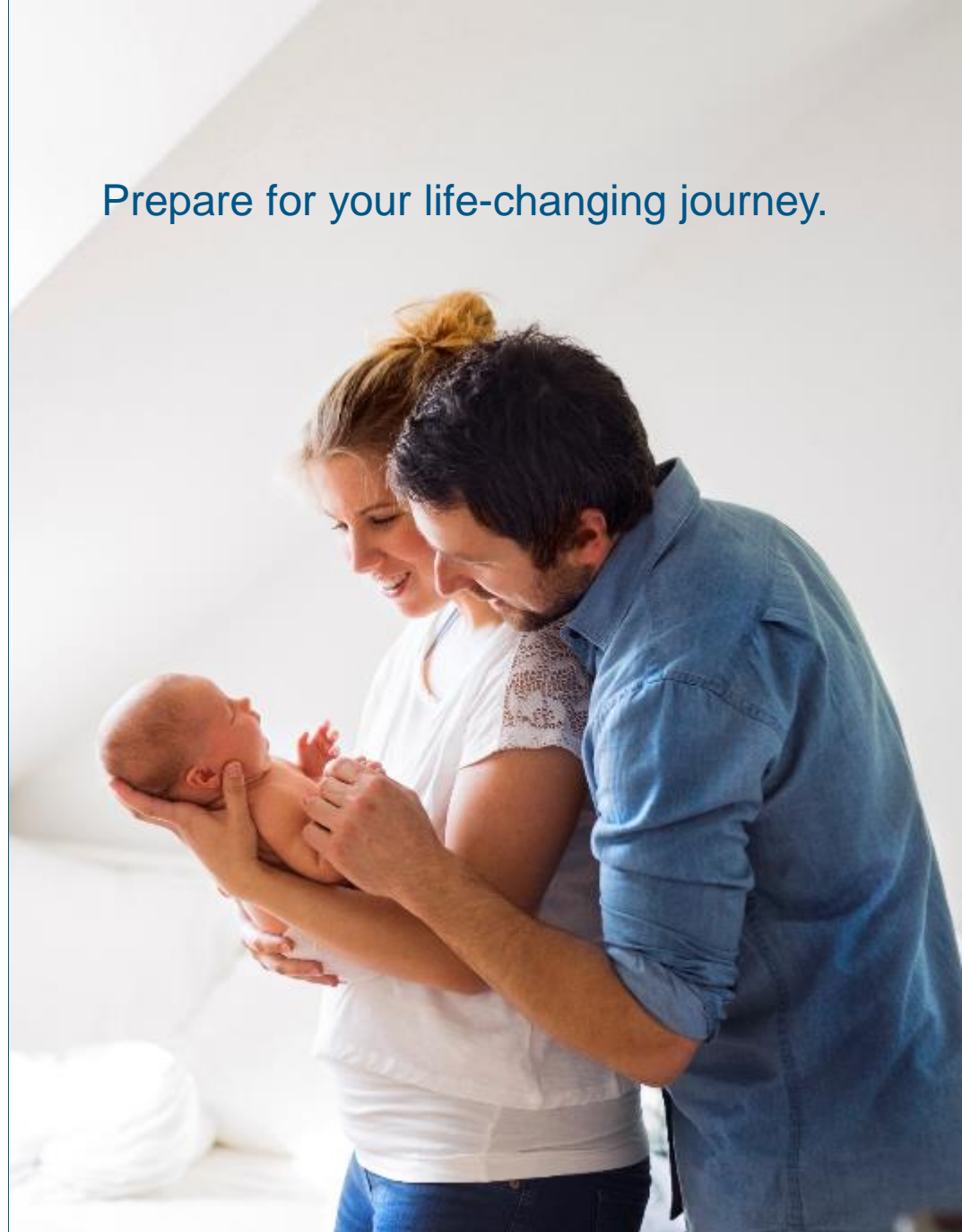
\*Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information. The Well onTarget member rewards redemption service is provided by an independent third party.

# Women's and Family Health

Whether you are pregnant or planning to get pregnant, you should prepare as much as you can. We have tools to help you — at no extra cost to you.

- **Ovia Health™ apps** are for tracking your cycle, pregnancy and baby's growth.
- **Well onTarget®** offers self-guided courses that help you plan for a healthy pregnancy and baby.
- Plus, if your pregnancy is high-risk, BCBSTX will provide support from **maternity specialists** to help you care for yourself and your baby.

Prepare for your life-changing journey.





BlueCross BlueShield  
of Texas

# Blue365<sup>®</sup>

## Member Discount Program

# Blue365<sup>®</sup> Member Discount Program

- Exclusive health and wellness deals from national and local retailers
- Save money on fitness gear, family activities, gym memberships, healthy eating, dental, vision, hearing aids and more from top national and local retailers
- Log in to Blue Access for Members<sup>SM</sup> and click “Member Discount Program” in Quick Links to view your available discounts and to register for weekly emails



**Member discounts  
simply for being a  
BCBSTX member**

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. Employees should check their benefit booklet or call the Customer Service number on the back of their ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program and are subject to change. BCBSTX does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSTX reserves the right to stop or change this program at any time without notice.

[About Blue365](#)
[For Employers](#)
[Healthy Tips](#)
[Español](#)

[SIGN IN](#)
[JOIN](#)

[ALL DEALS](#)
[APPAREL & FOOTWEAR](#)
[FITNESS](#)
[HEARING & VISION](#)
[HOME & FAMILY](#)
[NUTRITION](#)
[PERSONAL CARE](#)
[TRAVEL](#)

## Home & Family Deals

Showing 1-9 of 9 Deals

YOUR SELECTION

[Clear All](#)

[X Home & Family](#)

CATEGORY

- ☐ My Favorites (0)
- ☐ Apparel & Footwear (2)
- ☐ Fitness (19)
- ☐ Hearing & Vision (12)
- ☒ Home & Family (6)
- ☐ Nutrition (8)
- ☐ Personal Care (10)

SORT

- ☐ Expiring Soon
- ☐ Newest
- ☐ Best Sellers

KEYWORD

GO

LOCATION

HOME & FAMILY

**Petplan**

Save Up to a 10% Discount on Pet Health Insurance and Get a \$25 Amazon Gift Card on New Policies

[DETAILS](#) 821

HOME & FAMILY

**TRUE by Invite Health**

Save 50% Off Retail Price of Health and Wellness Products

[DETAILS](#) 558

HOME & FAMILY

**Prevention**

Exclusive Offer – Annual Subscription for Only \$20

[DETAILS](#) 320

HOME & FAMILY

**Dental Solutions**

20%-50% Discounts to a Network of Dentists

[DETAILS](#) 1.4k

# Blue365®

## EXCLUSIVE HEALTH AND WELLNESS DISCOUNTS FOR MEMBERS

Save on fitness gear, family activities, gym memberships, healthy eating, dental, vision, hearing aids and more from top national and local retailers

# BCBS Contact Information



Contact Customer Service Advocate: **(877) 768-2005**  
**This number is found on the back of your ID card**



From your computer or BAM mobile app, log on to **bcbstx.com**  
and click on **Provider Finder**  
**Your Network: Blue Choice PPO [BCA]**



Talk with your physician's office  
**Ask if your doctor is in the Blue Cross Blue Shield PPO Network.**

## In-Network Provider **ADVANTAGES:**

- No claim forms – provider files claim
- No referrals required
- You do not have to select a PCP
- You **must** use a network provider to receive the highest level of benefits



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