

Live life to the fullest  
with confidence

As a Capital BlueCross member, you are  
protected by a name trusted for over  
80 years and the card accepted by top  
doctors and specialists.



Capital BLUE 



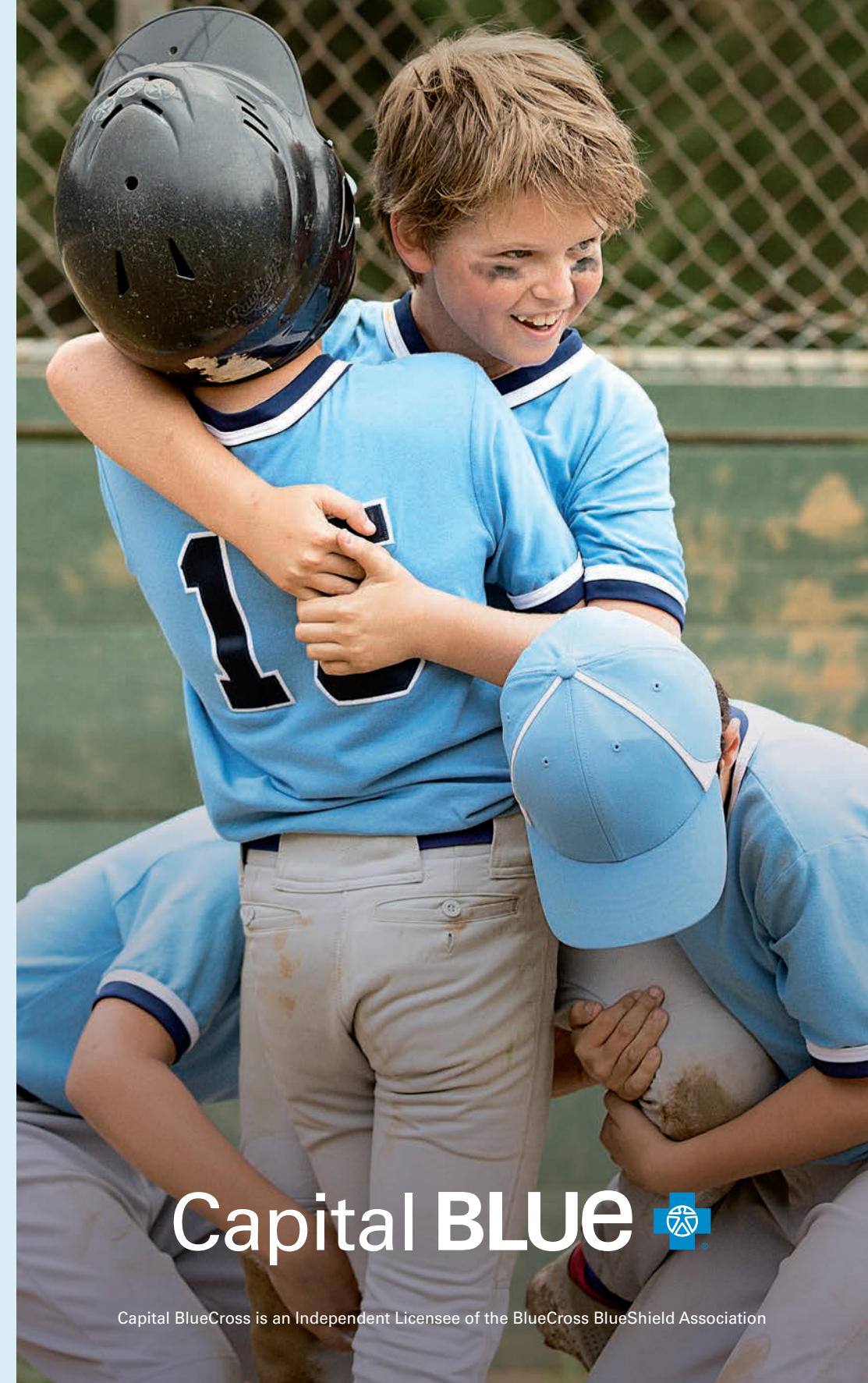
[capbluecross.com](http://capbluecross.com)

The programs discussed in this document are not a substitute for services performed by your healthcare providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross believes these programs provide useful information but does not assume any liability associated with their use.

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C-528 (10/16/18)

# MORE THAN HEALTH INSURANCE



Capital BLUE 

Capital BlueCross is an Independent Licensee of the BlueCross BlueShield Association



# Resources and Rewards for Healthy Living

Healthy living starts at [capbluecross.com](https://www.capbluecross.com).

## Secure Account

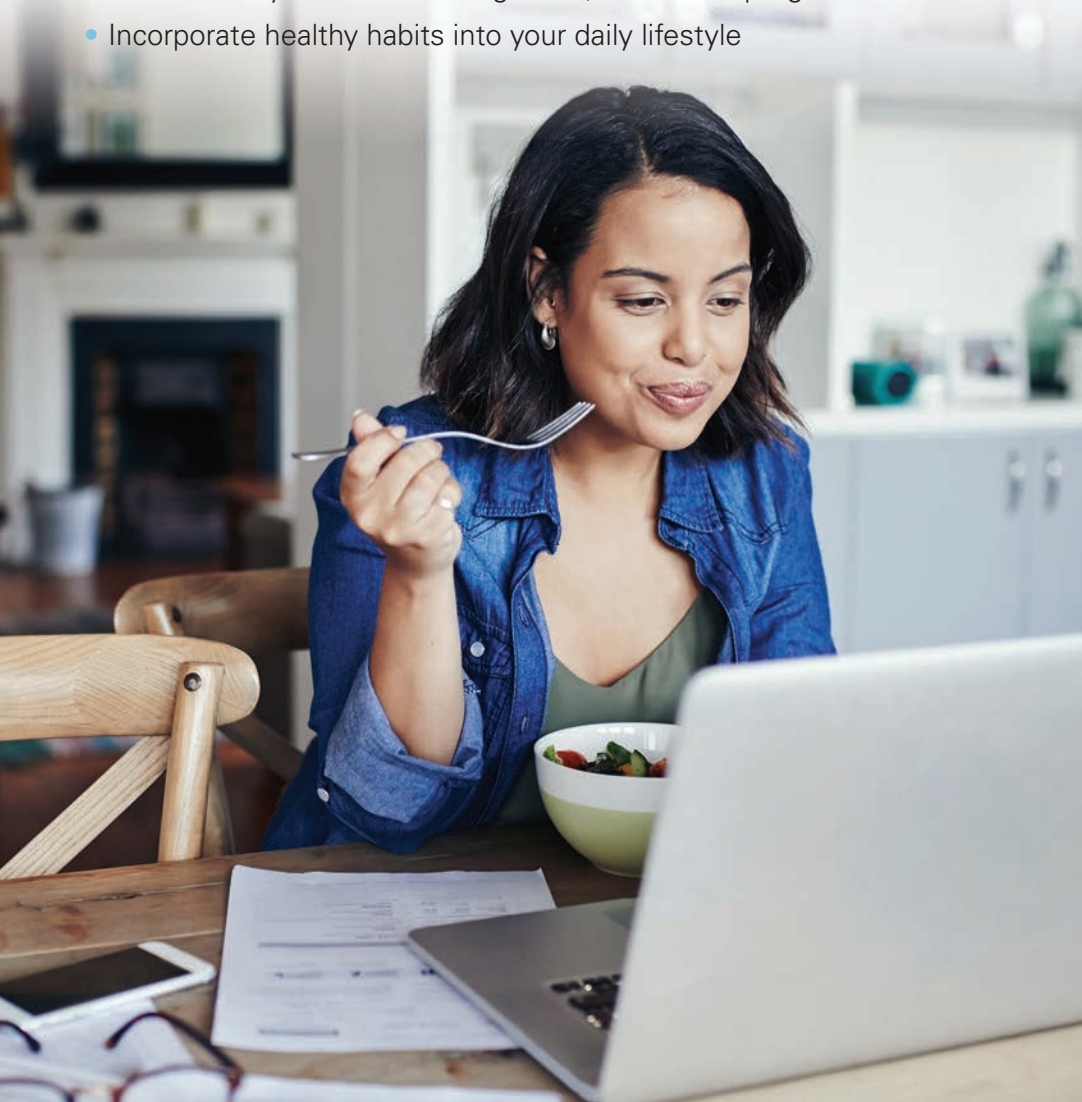
Find all of the information you need to manage your plan by registering for or logging in to your secure account. There you will find programs to help you live healthy and tools that can help you make smart healthcare decisions.

## Health Assessment

- Complete an online questionnaire to track your health goals—free and confidential
- Receive a personalized report, summarizing your current health status
- Identify strengths, improvement opportunities, and potential risk factors

## Digital Health Tools

- Access a library of tools, including articles, quizzes, how-to guides, and healthy recipes
- Learn healthy behaviors through free, interactive programs
- Incorporate healthy habits into your daily lifestyle



# Convenience and Savings

Check out these great tools and resources that give you more choice, more convenience, and more ways to save money.

## Blue365®

Enjoy exclusive health and wellness deals to help keep you healthy every day of the year. Register now at [blue365deals.com](https://www.blue365deals.com).

## Capital BlueCross Loop

Get tips on how to save money and live healthy sent right to your mobile device. It's easy to enroll! Call **855.939.5426** or text **capbluecross** to **73529**.

## Find a Doctor

Find in-network doctors, hospitals, pharmacies, and labs. To access, log in to your secure account at [capbluecross.com](https://www.capbluecross.com).

## Virtual Care\*

See a doctor anytime, anywhere, by live video using a smartphone, tablet, or computer.

Sign up by downloading the free Capital BlueCross Virtual Care app from your favorite app store, visiting [virtualcarecbc.com](https://www.virtualcarecbc.com), or calling **833.433.5914**.

\* If offered through your plan.

The Blue365® program is brought to you by the BlueCross BlueShield Association. The BlueCross BlueShield Association is an association of independent, locally operated BlueCross and/or BlueShield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital BlueCross and its family of companies, its contracts with Medicare, or any other applicable federal healthcare program.

By signing up for the Capital BlueCross Loop, I authorize Capital BlueCross, its affiliates, subsidiaries and/or agents to text me for informational, transactional (e.g., billing), or marketing purposes including, without limitation, texts sent using an automatic dialing system. I understand that the provision of my phone number is not a condition of purchasing any goods or services, and I may opt out at any time. Message and data rates may apply. Please check with your wireless provider.

On behalf of Capital BlueCross, American Well® Corp. provides this online healthcare tool. American Well is an independent company

# Special Support Programs

Regardless of where you are on your health journey, we'll help you every step of the way.

## Case Management Programs

- Assistance finding medical, family, and community resources
- Help with making informed choices, managing care, and maintaining your quality of life
- Support from a case manager—a specially trained nurse—who works with you and your doctors to help you understand your diagnosis, care options, and treatment plan

## Condition Management Programs

- Personalized one-on-one phone support and education
- Support for managing asthma, coronary artery disease, depression, diabetes, and heart failure

## Healthy Blue Rewards†

- Take charge of your health with a program designed to achieve results
- Make meaningful progress toward wellness goals
- Earn rewards for healthy behaviors

## Nurse Line — 800.452.BLUE (TTY: 711)

Speak or chat with a registered nurse.

- Advice for any health concern
- Available 24/7 at no charge

## Precious Baby Prints®

- Educational materials and advice for expecting mothers
- Support during pregnancy, delivery, and follow-up care

† If offered through your plan

Nurse Line is not intended to be a substitute for services or advice received from your healthcare Providers who are the only ones that can diagnose or treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this service to be useful for general information or support but do not assume any liability associated with its use.