



BlueCross BlueShield
of Montana



**Empowering Members to Better
Manage Their Health Care**

MUST Value Adds

I. Blue Access for Members® (BAM)

II. Provider Finder

III. Transparency Tools – Member Cost and Liability Estimator

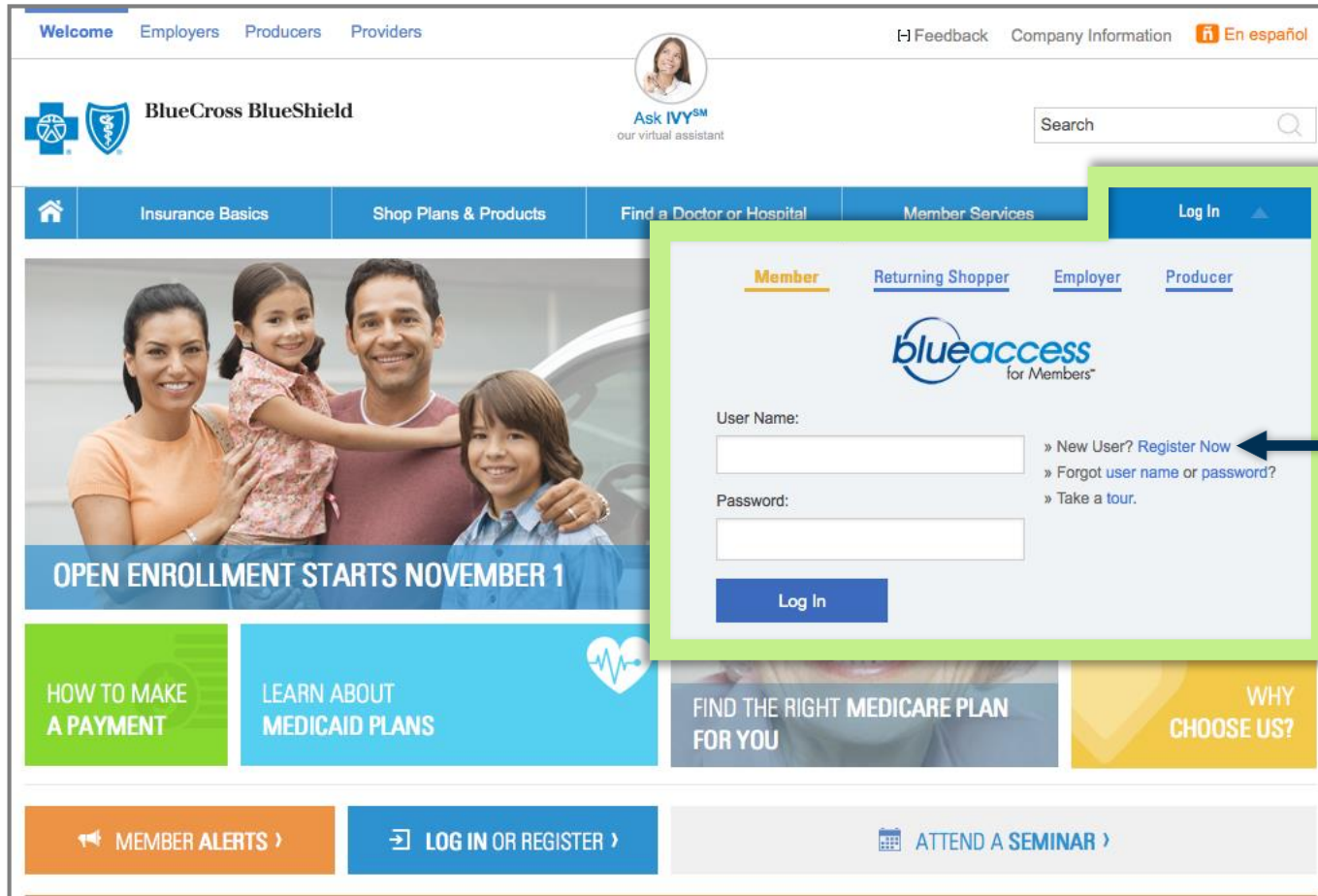
IV. 24/7 Nurseline

V. Virtual Visits

VI. Blue 365 Member Discount Program

VII. Wellness – Well onTarget® and Total Health Management

I. Blue Access for MembersSM



Welcome Employers Producers Providers

Feedback Company Information En español

BlueCross BlueShield

Ask IVYSM
our virtual assistant

Search

Insurance Basics Shop Plans & Products Find a Doctor or Hospital Member Services Log In

Member Returning Shopper Employer Producer

blueaccess
for Members

User Name:

Password:

Log In

» New User? Register Now
» Forgot user name or password?
» Take a tour.

HOW TO MAKE A PAYMENT

LEARN ABOUT MEDICAID PLANS

FIND THE RIGHT MEDICARE PLAN FOR YOU

WHY CHOOSE US?

MEMBER ALERTS >

LOG IN OR REGISTER >

ATTEND A SEMINAR >

Go to bcbsmt.com and log in to Blue Access for MembersSM (BAM)

Enter your User Name and Password, or click “Register Now” if you are a new user

II. Provider Finder[®]



Patient reviews

Third-party quality indicators

Wait times

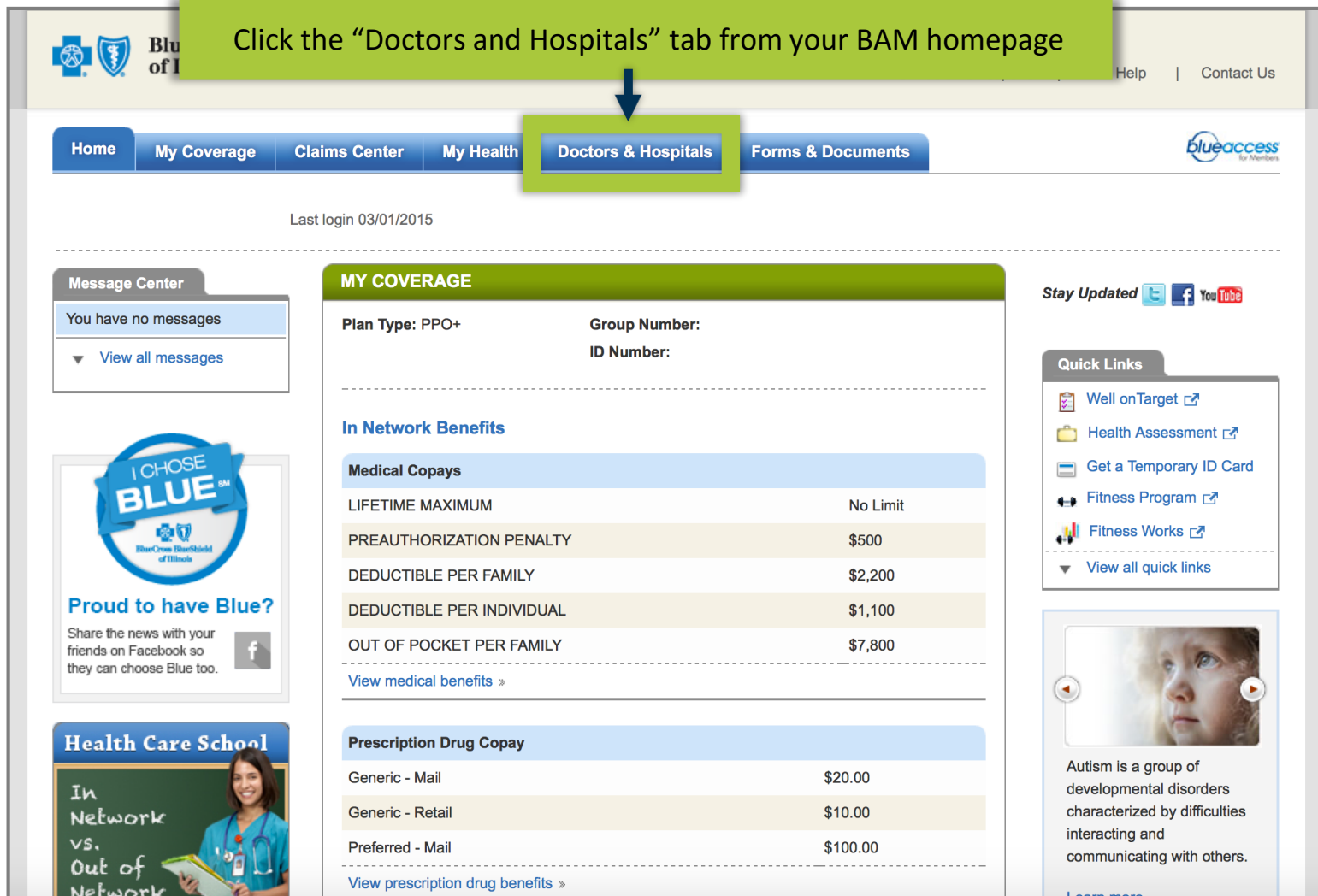
Plus

Use a member share
cost estimator

See out-of-pocket savings by
procedure

Accessing the Provider Finder[®]

Click the "Doctors and Hospitals" tab from your BAM homepage



The screenshot shows the BAM homepage with a navigation bar containing: Home, My Coverage, Claims Center, My Health, **Doctors & Hospitals**, and Forms & Documents. A green box highlights the 'Doctors & Hospitals' tab, with an arrow pointing to it from a callout box above. The page also shows a 'Message Center' with no messages, a 'MY COVERAGE' section with plan details, 'In Network Benefits' table, 'Prescription Drug Copay' table, 'Stay Updated' social media links, and 'Quick Links'.

Home My Coverage Claims Center My Health **Doctors & Hospitals** Forms & Documents

Last login 03/01/2015

Message Center
You have no messages
View all messages

I CHOSE BLUESM
Blue Cross BlueShield of Montana
Proud to have Blue?
Share the news with your friends on Facebook so they can choose Blue too.

Health Care School
In Network vs. Out of Network

MY COVERAGE

Plan Type: PPO+ Group Number:
ID Number:




In Network Benefits

| Medical Copays | |
|---------------------------|----------|
| LIFETIME MAXIMUM | No Limit |
| PREAUTHORIZATION PENALTY | \$500 |
| DEDUCTIBLE PER FAMILY | \$2,200 |
| DEDUCTIBLE PER INDIVIDUAL | \$1,100 |
| OUT OF POCKET PER FAMILY | \$7,800 |

[View medical benefits »](#)

| Prescription Drug Copay | |
|-------------------------|----------|
| Generic - Mail | \$20.00 |
| Generic - Retail | \$10.00 |
| Preferred - Mail | \$100.00 |

[View prescription drug benefits »](#)

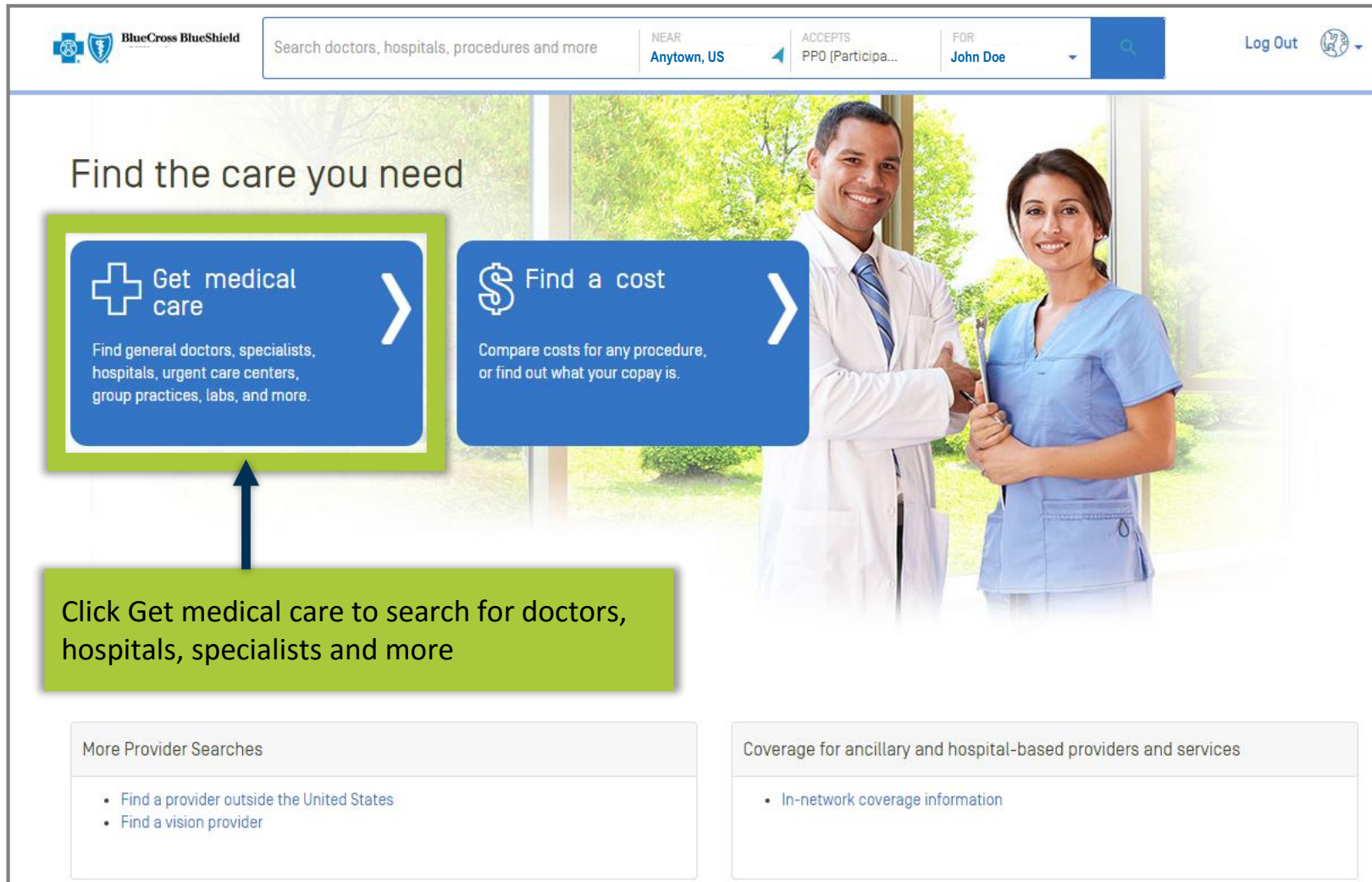
Stay Updated   

Quick Links

- [Well onTarget](#)
- [Health Assessment](#)
- [Get a Temporary ID Card](#)
- [Fitness Program](#)
- [Fitness Works](#)
- [View all quick links](#)

Autism is a group of developmental disorders characterized by difficulties interacting and communicating with others.

How to Find a Provider



The screenshot shows the BlueCross BlueShield provider search page. At the top, there is a search bar with the text "Search doctors, hospitals, procedures and more". To the right of the search bar are filters for "NEAR Anytown, US", "ACCEPTS PPO (Participa...", and "FOR John Doe". A "Log Out" button is in the top right corner. The main content area features a large image of a male doctor and a female nurse. Overlaid on this image are two blue call-to-action boxes: "Get medical care" (with a white cross icon) and "Find a cost" (with a white dollar sign icon). A green box with an upward-pointing arrow is positioned below the "Get medical care" box, containing the text "Click Get medical care to search for doctors, hospitals, specialists and more". Below the main image area are two white boxes with light gray borders. The left box is titled "More Provider Searches" and contains a bulleted list: "Find a provider outside the United States" and "Find a vision provider". The right box is titled "Coverage for ancillary and hospital-based providers and services" and contains a bulleted list: "In-network coverage information".

BlueCross BlueShield

Search doctors, hospitals, procedures and more

NEAR Anytown, US

ACCEPTS PPO (Participa...

FOR John Doe

Log Out

Find the care you need

Get medical care

Find general doctors, specialists, hospitals, urgent care centers, group practices, labs, and more.

Find a cost

Compare costs for any procedure, or find out what your copay is.

Click Get medical care to search for doctors, hospitals, specialists and more

More Provider Searches

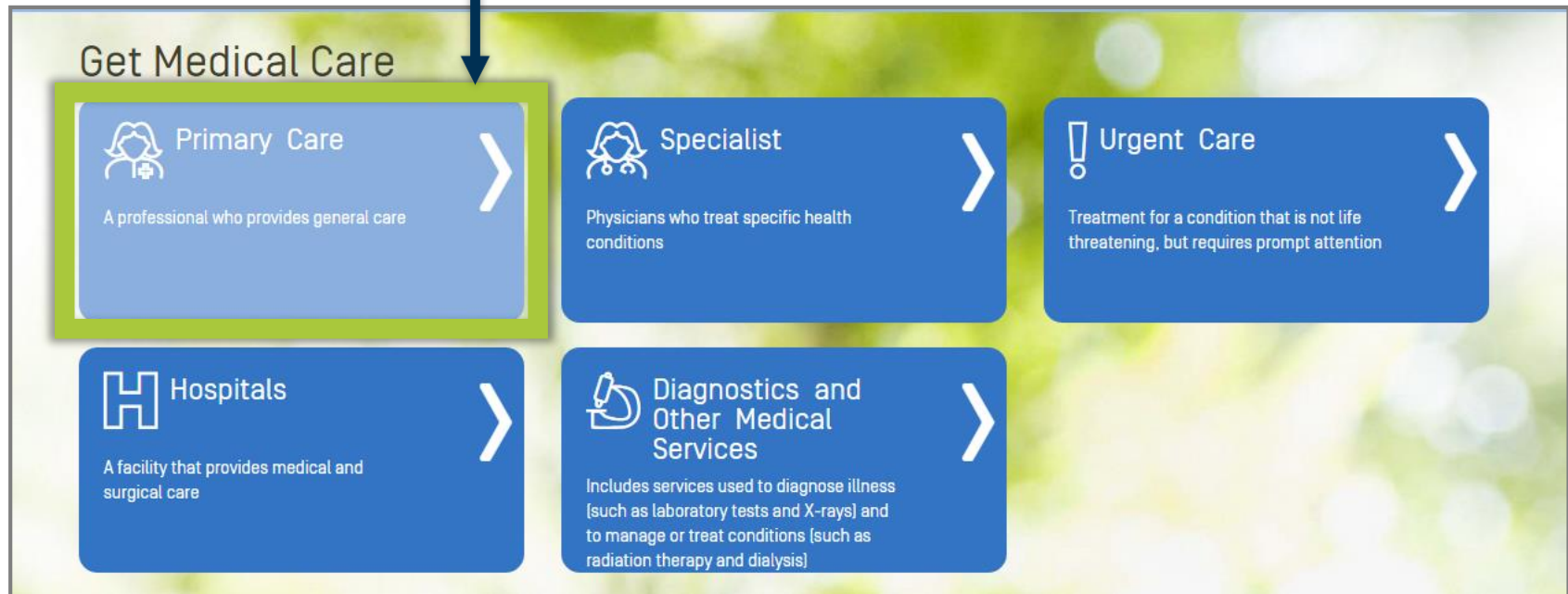
- Find a provider outside the United States
- Find a vision provider

Coverage for ancillary and hospital-based providers and services

- In-network coverage information

How to Find a Provider

Need a family physician, internist, OB/GYN or pediatrician?
Click Primary Care to search for doctors in your area



How to Find a Provider

Click Family Physician

Primary Care

Family Physician

A doctor to provide continuing and comprehensive care for all family members



Pediatrician

A physician who specializes in treating children



Internal Medicine

The diagnosis and nonsurgical treatment of internal organs



OB/GYN

A physician who specializes in female reproductive health



General Practice

A physician who specializes in general care



Provider Results

122 results for Family Physician

| | | | |
|--|---|----------------------------------|----------|
| | Gary T Hamilton, MD Family Practice 3817 S Padre Island Dr, Corpus Christi, TX 78415 [0.3 miles away] [361] 857-0178 | 4.6 ★★★★★ 97% would recommend | 2 AWARDS |
| | Luis A Fernandez, MD Family Practice 3817 S Padre Island Dr, Corpus Christi, TX 78415 [0.3 miles away] [361] 857-0178 | 4.5 ★★★★★ 96% would recommend | 2 AWARDS |
| | Maria F Murray, MD Family Practice 4626 Weber Rd Ste 5, Corpus Christi, TX 78411 [0.9 miles away] [361] 225-1600 | 4.3 ★★★★★ 92% would recommend | 2 AWARDS |
| | Susanna Ming, MD Family Practice 4637 Spid Dr, Corpus Christi, TX 78411 [1.2 miles away] [361] 852-6824 3 more locations | 4.6 ★★★★★ 97% would recommend | 3 AWARDS |

Compare side-by-side
Compare any results by selecting them at left.

Relevancy [dropdown] [print] [download] [email]

Refine your results

Basic [collapse]

- Within 50 miles [122]
- Accepting new patients [108]
- Any gender
- Any rating
- Any language

Specialties [collapse]

- Any specialty
- Any expertise

Affiliations [collapse]

- Any hospital affiliations
- Any medical group affiliation

Compare up to 10 Providers side by side

Refine your results by Distance, Rating, Languages, Quality Designations and more

See what other BCBS members think about a doctor

Provider Comparison

| Comparing 4 profiles | | | | | | | | | | |
|---|-----------------------------|-----------------------------|---|-----------------|-----------------|----------------------------------|---|-------------------|------------------|--------------------------------|
| | Would recommend to a friend | Rating | Accepting New Patients | Board Certified | Specialties | Languages Spoken by Professional | Languages Spoken by Professional or Staff | Average wait time | Number of Awards | Services Available at Location |
|  <p>Gary T Hamilton, MD Family Practice x remove</p> | 100% ^[1] | 4.5 ^[0] ★★★★★ | Accepts new patients | No | Family Practice | None Reported | Spanish | 10 Minutes | 3 | Handicap Accessible |
|  <p>Luis A Fernandez, MD Family Practice x remove</p> | 100% ^[1] | 5.0 ^[1] ★★★★★ | Accepts new patients | Yes | Family Practice | Spanish | Spanish Arabic | 18 Minutes | 2 | Handicap Accessible |
|  <p>Maria F Murray, MD Family Practice x remove</p> | 100% ^[1] | 4.5 ^[0] ★★★★★ | Accepts new patients | No | Family Practice | None Reported | Spanish | 20 Minutes | 2 | Handicap Accessible |
|  <p>Susanna Ming, MD Family Practice x remove</p> | 100% ^[1] | 5.0 ^[1] ★★★★★ |  | Yes | Family Practice | None Reported | Spanish | 31 Minutes | 2 | Handicap Accessible |

Provider Contact Information

Name, Provider's Specialty, Contact Information and Other Office Locations

Patient Ratings and Reviews

Provider Profile Photo



The screenshot displays a provider profile for Maria F Murray, MD, a Family Practice physician. The profile includes a profile photo, a 'Compare' button, and a list of four office locations. The first location is 5536 Saratoga Blvd, Corpus Christi, TX 78413, 2.9 miles away, with phone number (361) 992-0227. The second location is also at 5536 Saratoga Blvd, Corpus Christi, TX 78413, 2.9 miles away, with phone number (361) 992-0227, and a 'View profile at this location' link. The third location is 4637 Spid Dr, Corpus Christi, TX 78411, 1.2 miles away, with phone number (361) 852-6824, and a 'View profile at this location' link. The fourth location is 11559 Leopard St, Corpus Christi, TX 78410, 14.4 miles away, with phone number (361) 241-1116, and a 'View profile at this location' link. The profile also shows a 4.3 star rating (92% would recommend) and 2 awards.

Provider Awards

Provider Profile

Provider contact information

Overview for member

Provider specialty and areas of expertise

Patient ratings and reviews

Provider's education, medical group and hospital affiliations

Industry quality rating

Foreign languages spoken by provider and / or staff

Industry awards and recognitions

Office hours

Specialties & Expertise
 Family Practice ✓ Board certified
 Essential Community Provider Type: None

Education
 Medical School: McGill Univ Faculty Of Med, 1998
 Residency: University Of Washington, Seat

Affiliations
 Medical Group Affiliations: Corpus Christi Medical Associates
 Hospital Affiliations: Christus Spohn Hospital Shoreline, Corpus Christi Medical Center Doctors Regiona

Foreign Languages Spoken
 Languages spoken by provider: None Reported
 Languages spoken by professional or staff: French, Spanish

Identifiers
 NPI: 1619984457

Ratings & Reviews
 RECOMMENDATIONS: No recommendations yet
 RATING: 5.0 (1 RATING)

Quality
 Colorectal Cancer Screening: 26% Above average
 Retinal Eye Exam (Diabetes): 19% Above average
 Breast Cancer Screening: 16% Above average

Awards & Recognitions
 BlueCompare
 Blue Physician RECOGNITION
 Medicare and Medicaid Electronic Health Records (EHR) Incentive Programs

Office Hours
 Office hours at 8200 Saratoga Blvd Unit 5, Corpus Christi, TX 79414
 Monday: 8:00 AM - 5:00 PM
 Tuesday: 8:00 AM - 5:00 PM
 Wednesday: 8:00 AM - 5:00 PM
 Thursday: 8:00 AM - 5:00 PM
 Friday: 8:00 AM - 12:00 PM

Facility Ratings and Reviews

Specialties & Expertise

- General Acute Care Hospital

Essential Community Provider Type


None

Ratings & Reviews

RECOMMENDATIONS

97% of patients would recommend this provider

Overall Rating


4.6 

Ratings are based on 300 or more survey responses


[See ratings & reviews >](#)

Awards & Recognitions

Edward Hospital has no accreditations.



Blue Star Hospital



Blue Distinction + - Cardio Care

[Back to full profile](#)


☆
Ratings & Reviews

RECOMMENDATIONS

97%

would recommend this facility.

Overall Rating

4.5 

Ratings are based on 300 or more survey responses

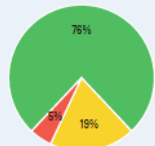
Communication

How often did nurses communicate well with patients?

76% Nurses "always" communicated well

19% Nurses "usually" communicated well

5% Nurses "sometimes" or "never" communicated well

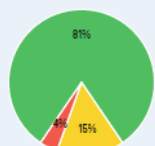


How often did doctors communicate well with patients?

81% Doctors "always" communicated well

15% Doctors "usually" communicated well

4% Doctors "sometimes" or "never" communicated well

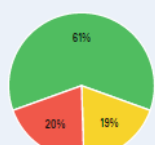


How often did staff explain about medicines before giving them to patients?

61% Staff "always" explained

19% Staff "usually" explained

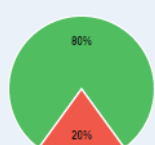
20% Staff "sometimes" or "never" explained



Were patients given information about what to do during their recovery at home?

80% Yes, staff "did" give patients this information

20% No, staff "did not" give patients this information



Source: Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS)

III. Find a Cost Estimate

Our new transparency offerings strive to:

Generate sustainable cost savings

Drive overall health improvement

Increase member engagement and ownership of benefits

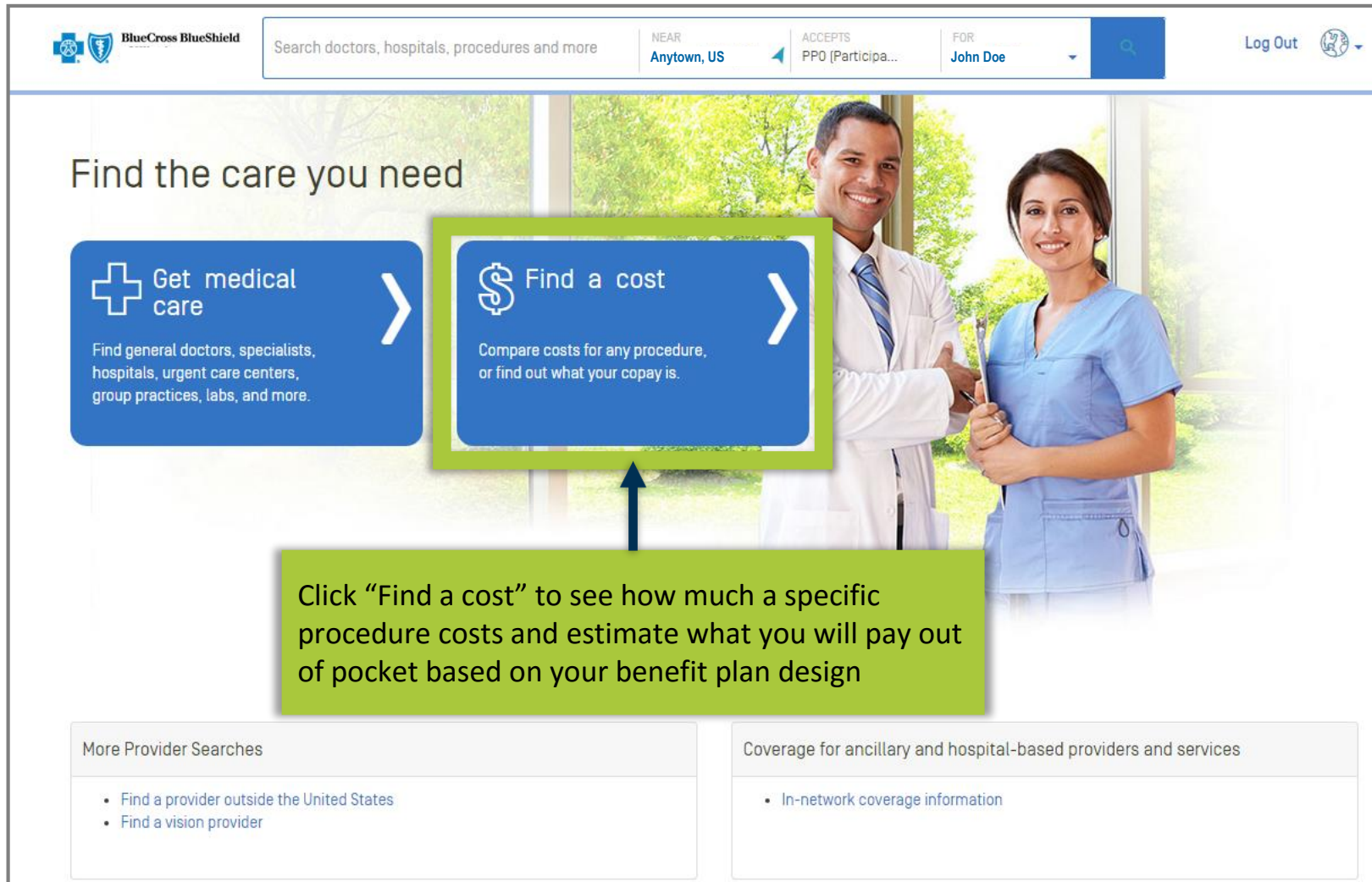
Leverage multiple member communication channels

Demonstrate value and performance



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How to Find Cost Estimates



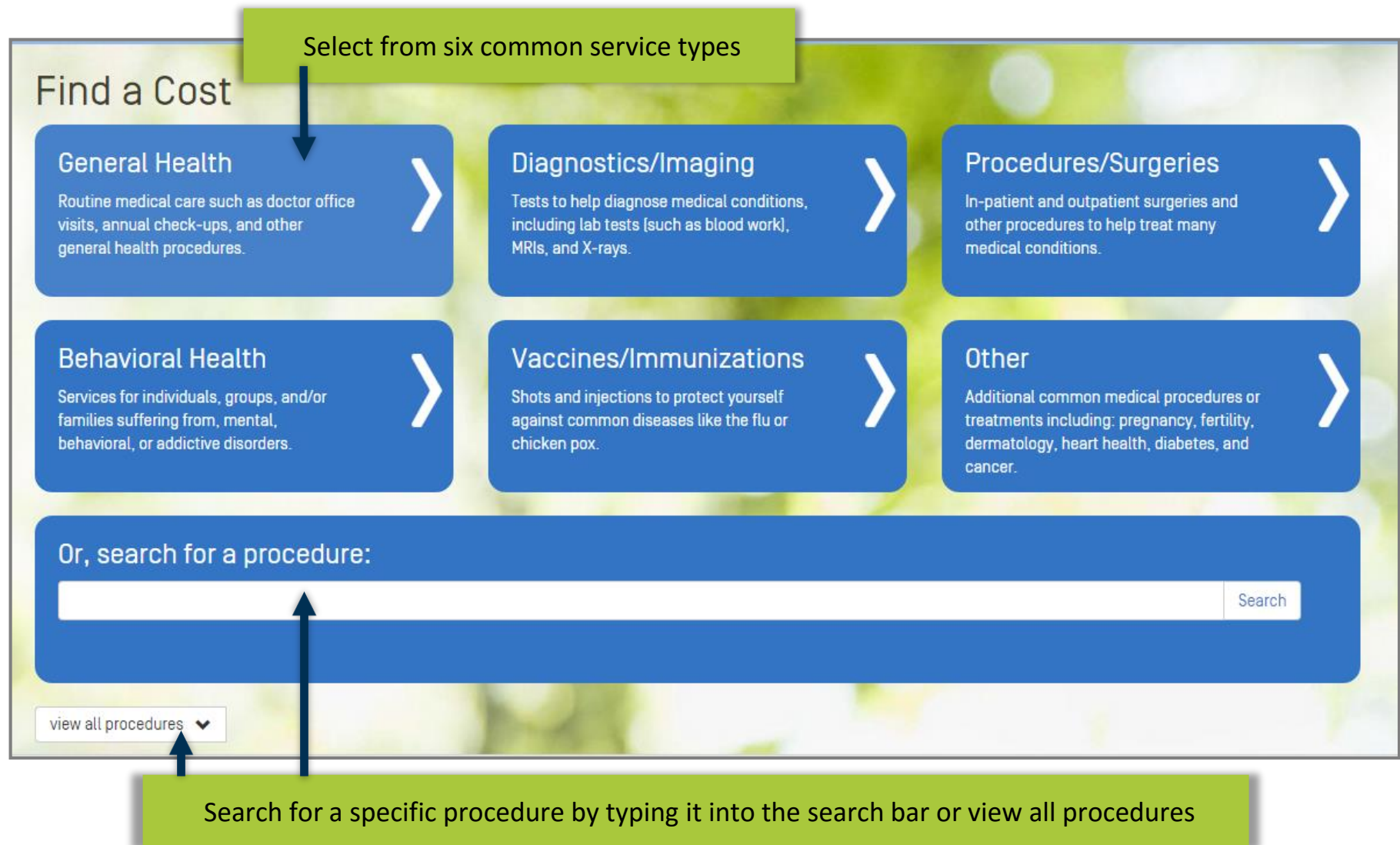
The screenshot shows the BlueCross BlueShield website interface. At the top, there is a search bar with the text "Search doctors, hospitals, procedures and more". To the right of the search bar are filters for "NEAR Anytown, US", "ACCEPTS PPO (Participa...", and "FOR John Doe". A "Log Out" button is visible in the top right corner.

The main content area features a large image of a male doctor and a female nurse standing in front of a window. Overlaid on this image are two blue buttons with white text and right-pointing arrows. The first button is titled "Get medical care" and includes a white cross icon. Below the title, it says "Find general doctors, specialists, hospitals, urgent care centers, group practices, labs, and more." The second button is titled "Find a cost" and includes a white dollar sign icon. Below the title, it says "Compare costs for any procedure, or find out what your copay is." This second button is highlighted with a green border, and a green arrow points from a text box below to it.

The text box below the "Find a cost" button contains the following text: "Click 'Find a cost' to see how much a specific procedure costs and estimate what you will pay out of pocket based on your benefit plan design".

At the bottom of the page, there are two white boxes with light gray borders. The left box is titled "More Provider Searches" and contains a bulleted list: "Find a provider outside the United States" and "Find a vision provider". The right box is titled "Coverage for ancillary and hospital-based providers and services" and contains a bulleted list: "In-network coverage information".

How to Find Cost Estimates



Cost Estimate: Diagnostics/Imaging

Diagnostics/Imaging

Labs

Tests run on samples of blood and urine to help detect and diagnose a variety of health conditions.



MRIs

A technique that uses a magnetic field and radio waves to create detailed images of the organs and tissues within your body.



CAT Scans

Painless X-ray tests in which a computer generates cross-section views of a patient's anatomy. It can identify normal and abnormal structures, and it can be used to guide procedures.



X-Rays

A photographic or digital image of the internal composition of something, especially a part of the body, produced by X-rays being passed through it and being absorbed to different degrees by different materials.



Ultrasounds

Diagnostic ultrasound, also called sonography or diagnostic medical sonography, is an imaging method that uses high-frequency sound waves to produce relatively precise images of structures within your body.



Other Diagnostics

Common diagnostic procedures to identify specific health conditions.



Select from six categories of diagnostics and imaging services.

Cost Estimate: MRI of the Brain



Search for Brain MRI to locate facilities nearby and estimate your out-of-pocket cost

Cost Estimate: MRI of the Brain

MRI Brain without and with Contrast

Expected cost to you: \$747—\$1,786
Expected cost to your employer: \$0—\$2,057

[Read more about this procedure](#)

165 results for MRI Brain without and with Contrast for Facility

\$747 your expected cost

Community Imaging Llc
Radiology

1 Community Imaging Llc [14.9 miles away]
12251 S 80th Ave, Palos Heights, IL 60463
[708] 923-5115

Compare

\$1,619 your expected cost Cost Details

Community Imaging Llc
Imaging Center

2 Community Imaging Llc [21.8 miles away]
270 W Loop Rd, Wheaton, IL 60189
[630] 653-8464

Compare

\$828 your expected cost Cost Details

Saint Anthony Hospital
General Acute Care Hospital

Compare side-by-side
Compare any results by selecting them at left.

Relevancy

Refine your results

- Basic
 - Within 50 miles
 - Any language
- Provider Type
 - Facility
- Specialties
 - Any specialty
 - Any expertise
- Affiliations
 - Any hospital affiliations
 - Any medical group affiliation
- Quality
 - Any Clinical Quality Measure

You pay: **\$747**
Your plan pays: **\$0**
Total cost: **\$747**

Cost Details

Hover over Cost Details to see breakdown. In this sample, all the cost was applied to deductible.

Cost Estimate: MRI of the Brain

Expected cost range for you and for your employer for this type of MRI

MRI Brain without and with Contrast

Expected cost to you: \$747—\$1,786
Expected cost to your employer: \$0—\$2,057

[Read more about this procedure](#)

165 results for MRI Brain without and with Contrast for Facility

\$747 your expected cost

[Cost Details](#)



Community Imaging Llc
Radiology

Compare

1 Community Imaging Llc (14.9 miles away)
12251 S 80th Ave, Palos Heights, IL 60463
(708) 923-5115

\$1,619 your expected cost

[Cost Details](#)



Community Imaging Llc
Imaging Center

Compare

2 Community Imaging Llc (21.8 miles away)
270 W Loop Rd, Wheaton, IL 60189
(630) 653-8464

\$828 your expected cost

[Cost Details](#)



Saint Anthony Hospital
General Acute Care Hospital

Compare side-by-side

Compare any results by selecting them at left.

Relevancy

Refine your results

[Reset All](#)

Basic

Within 50 miles
Any language

Provider Type

Facility

Specialties

Any specialty
Any expertise

Affiliations

Any hospital affiliations
Any medical group affiliation

Quality



Any Clinical Quality Measure

Member-specific estimated out-of-pocket cost results for each facility

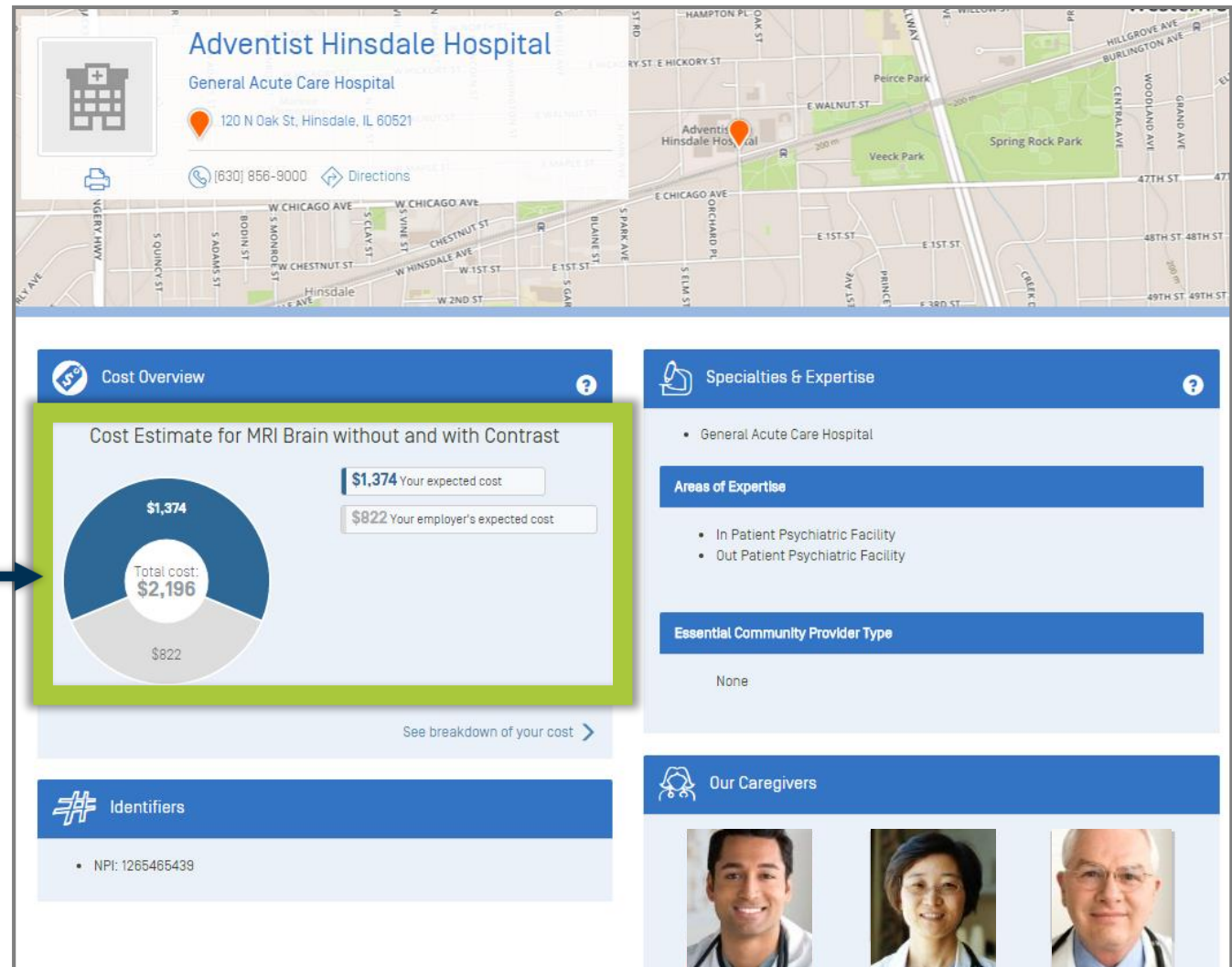
Cost Comparison: MRI of the Brain

Comparing 6 profiles

| | Cost [approx.] | Specialties |
|---|----------------|-----------------------------|
|  <p>Presence Resurrection Med Ctr 7435 W Talcott Ave, Chicago, IL 60631</p> <p>✕ remove</p> | \$262 | General Acute Care Hospital |
|  <p>Advocate Lutheran General Hosp 1775 Dempster St, Park Ridge, IL 60068</p> <p>✕ remove</p> | \$656 | General Acute Care Hospital |
|  <p>Midwest Advanced Radiology Center 9680 Golf Rd, Des Plaines, IL 60016</p> <p>✕ remove</p> | \$199 | Radiology |

| | Cost [approx.] | Specialties |
|--|----------------|-----------------------------|
|  <p>Illinois Bone And Joint Institute 2350 Ravine Way Ste 600, Glenview, IL 60025</p> <p>✕ remove</p> | \$199 | Immediate Care Center |
|  <p>Presence Holy Family Medical Ctr 100 N River Rd, Des Plaines, IL 60016</p> <p>✕ remove</p> | \$328 | General Acute Care Hospital |
|  <p>Northwest Community Hospital 800 W Central Rd, Arlington Heights, IL 60005</p> <p>✕ remove</p> | \$405 | General Acute Care Hospital |

Cost and Facility Overview



Adventist Hinsdale Hospital
General Acute Care Hospital
120 N Oak St, Hinsdale, IL 60521
[630] 856-9000 Directions

Cost Overview

Cost Estimate for MRI Brain without and with Contrast

- \$1,374 Your expected cost
- \$822 Your employer's expected cost
- Total cost: \$2,196

See breakdown of your cost >

Specialties & Expertise

- General Acute Care Hospital


Areas of Expertise

- In Patient Psychiatric Facility
- Out Patient Psychiatric Facility

Essential Community Provider Type

None

Our Caregivers

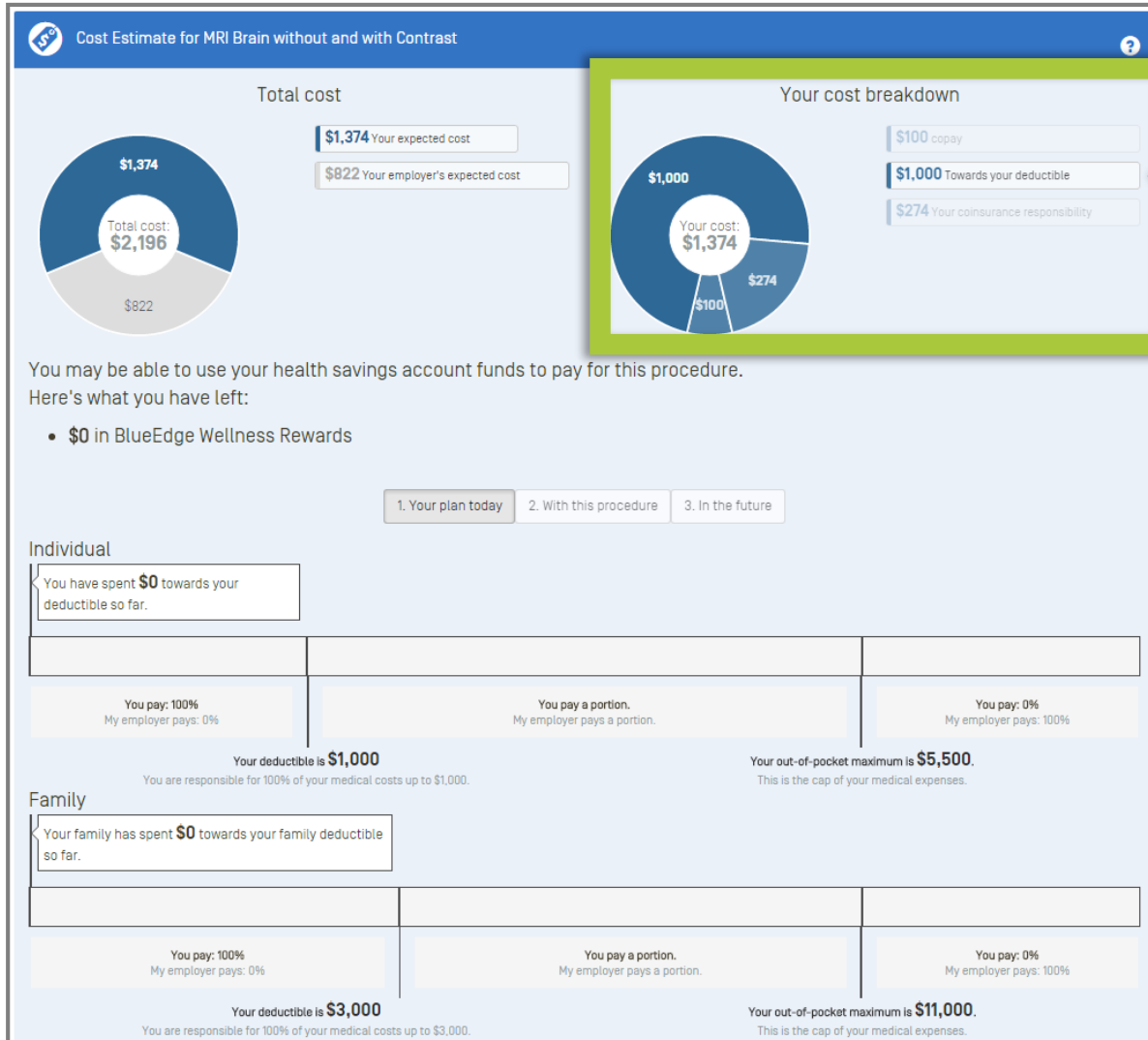


Identifiers

- NPI: 1265465439

Cost estimate breakdown: member's cost, employer's cost and total

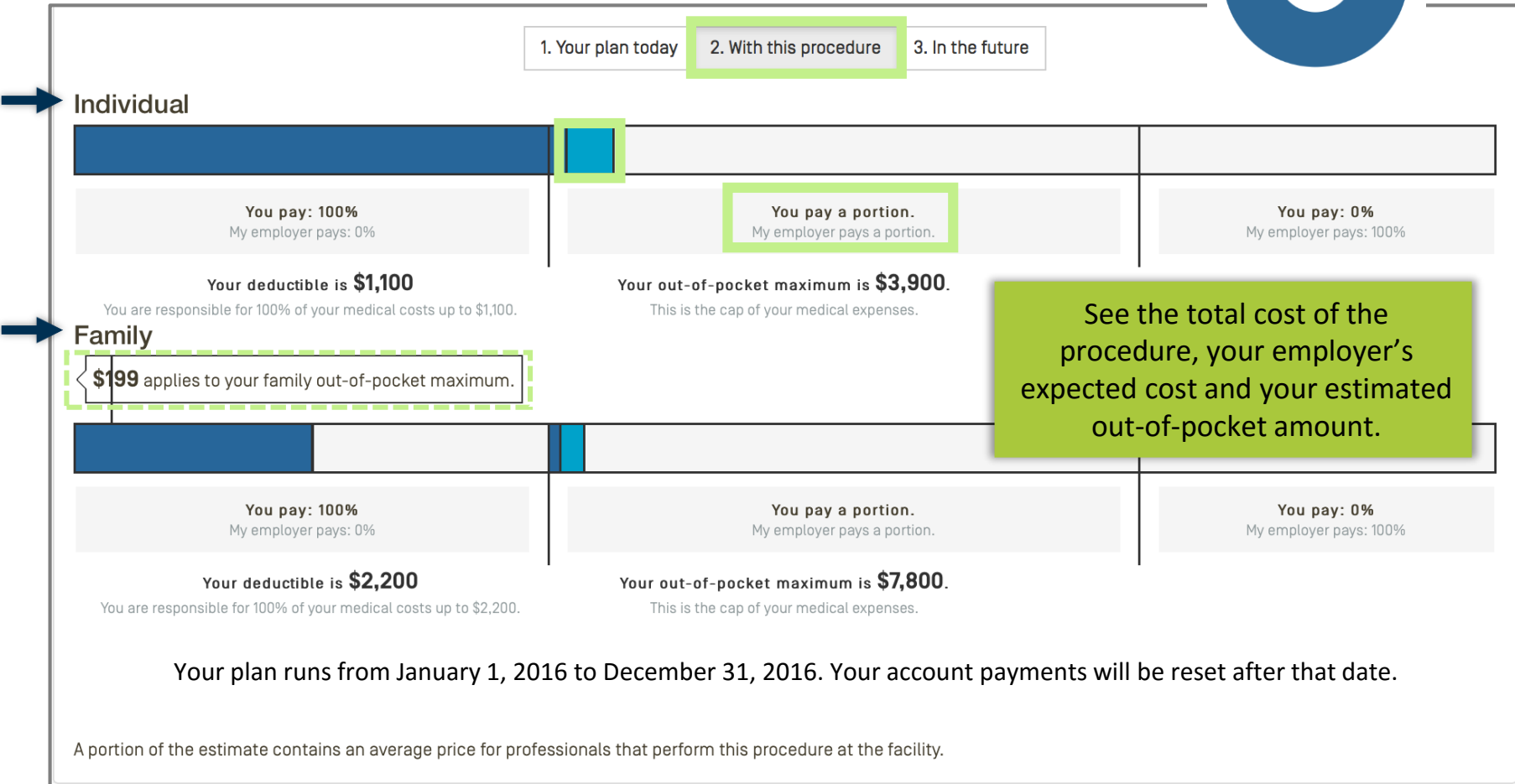
Cost Estimate Breakdown: MRI of the Brain



Member's cost breakdown: copay, deductible and coinsurance

Cost Estimate Breakdown: MRI of the Brain

View how your out-of-pocket cost is determined for individual and family.



Why Shop Smart for Health Care?

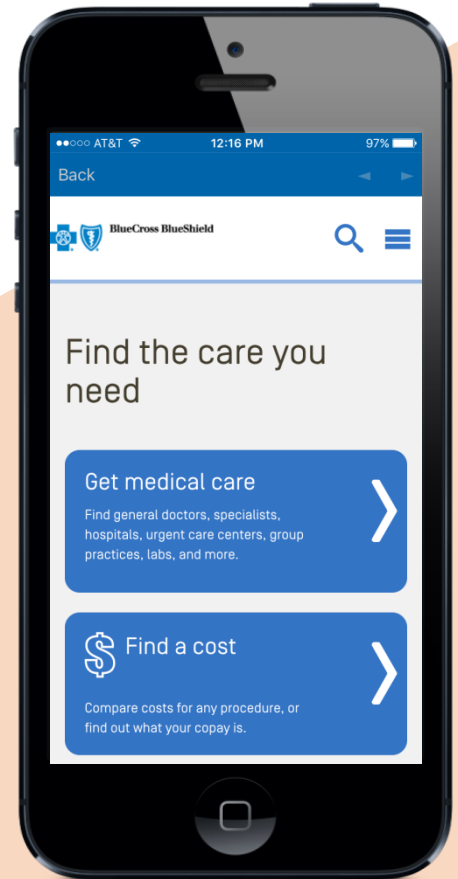
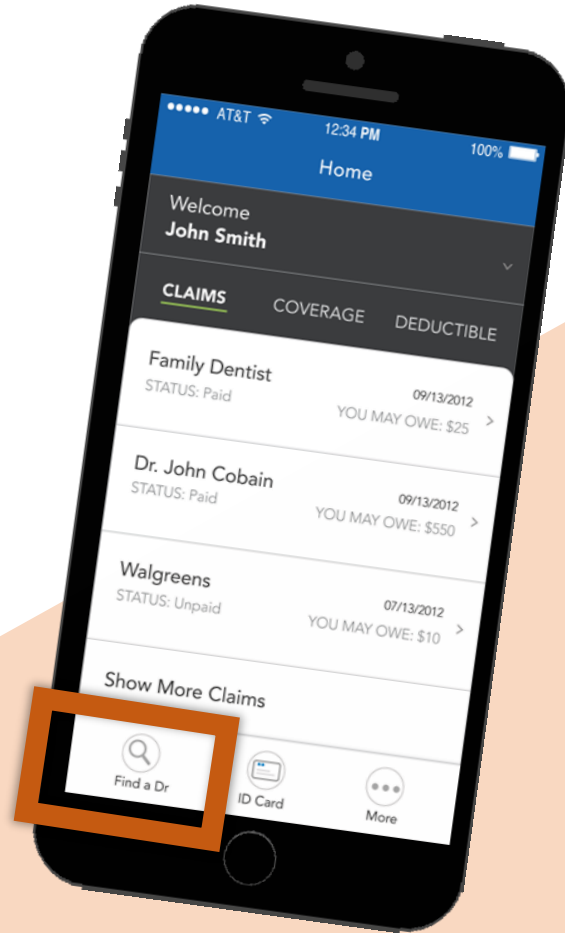
Prices for the same-quality medical procedure can vary dramatically depending on the chosen provider – even amongst nearby facilities.

| Procedure | Provider A | Provider B | Difference | % Difference |
|------------------|------------|------------|------------|--------------|
| MRI of the Brain | \$513 | \$4,073 | \$3,560 | +794% |
| Hysterectomy | \$7,433 | \$35,039 | \$27,606 | +471% |
| Hernia Repair | \$3,170 | \$10,723 | \$7,553 | +338% |
| Knee Replacement | \$17,003 | \$61,930 | \$44,927 | +364% |

Encourage your employees to make more cost-effective choices.

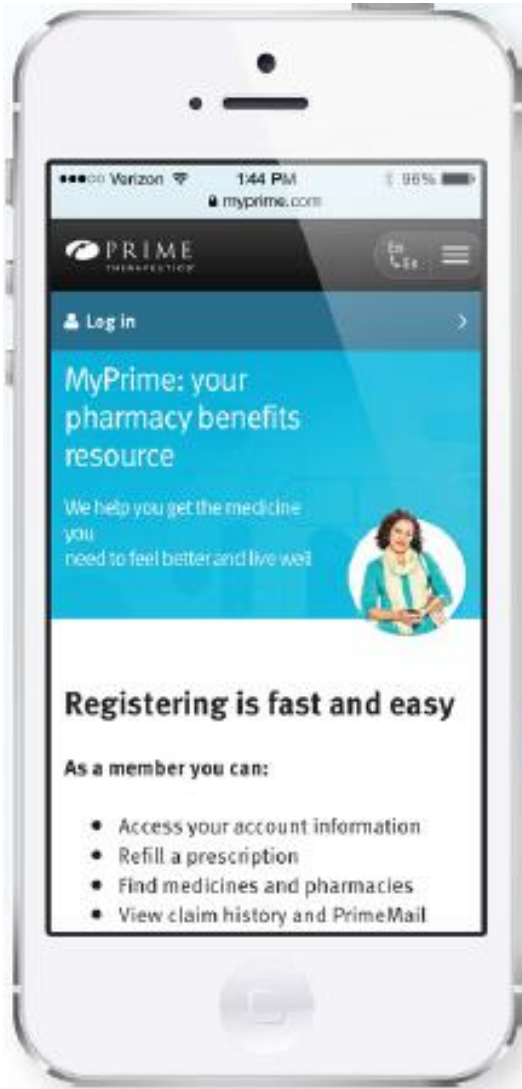
BCBSMT Mobile App

Go to Blue Access for MembersSM (BAM) to find a doctor, cost estimates, quality indicators and more



To download the app, go to Google Play or App Store or text **BCBSMTAPP** to **33633**

Pharmacy Tools on MyPrime



Logged in BAM Members:

- Single user sign-in from BAM
- Specific to the benefit
- Includes family's prescription history
- Synced w/ PrimeMail (refills & order status)
- Medicine search

Non-members:

- Find medicines
- Estimate drug costs
- Find pharmacies
- Plan Documents

Pharmacy Transparency

Pharmacy Cost Estimator

- View prescription cost estimates for pharmacies in **your** search area
- See **out-of-pocket cost** for the prescription based on plan design, drug list status and current personal spending balances
- Search medication descriptions, side effects and generic alternatives



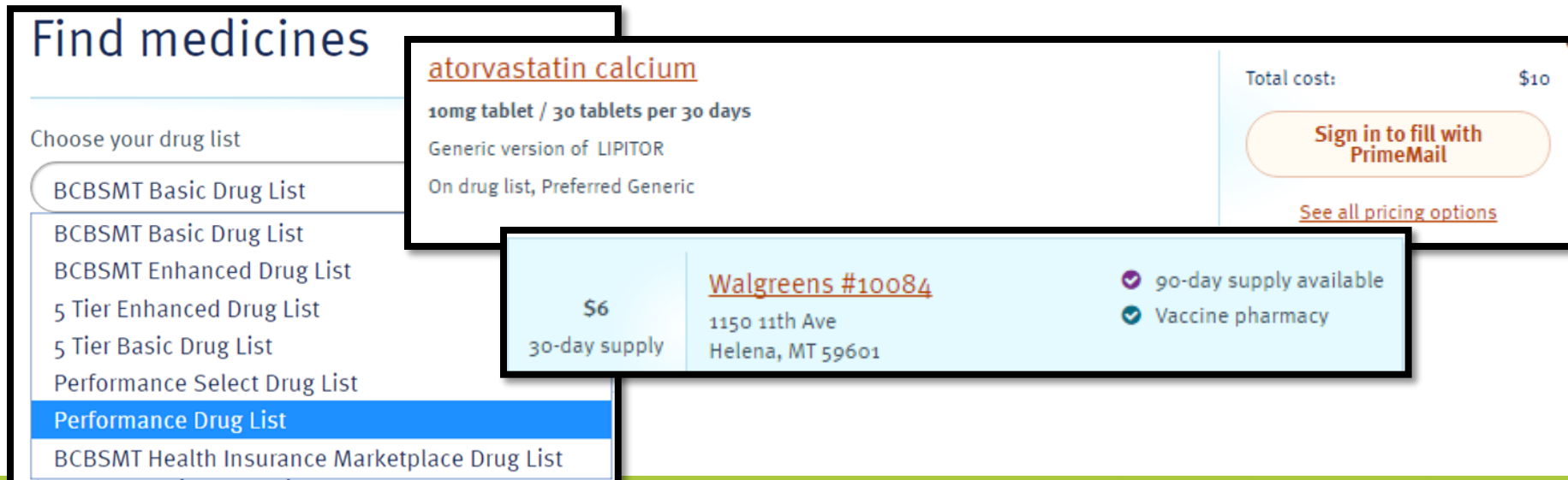
Savings Alerts identify opportunities:

- Moving to a **lower-cost pharmacy**
- Changing to a **generic drug**
- Consolidating all prescriptions to **one pharmacy**



Using Myprime: Performance Drug List

- Go to myprime.com & click on ‘**Continue without sign in**’
- Select ‘**BCBS Montana**’ as your health plan.
- Select ‘No’ when it asks if you are a Med Part D member.
- Click on ‘Medicines’ & then ‘Find Medicine’
- Select the drug list, which is ‘**Performance Drug List**’ -> click ‘continue’
- Now you can determine:
 - Estimated drug costs for a HDHP
 - Search the drug list



Find medicines

Choose your drug list

- BCBSMT Basic Drug List
- BCBSMT Basic Drug List
- BCBSMT Enhanced Drug List
- 5 Tier Enhanced Drug List
- 5 Tier Basic Drug List
- Performance Select Drug List
- Performance Drug List**
- BCBSMT Health Insurance Marketplace Drug List

atorvastatin calcium
10mg tablet / 30 tablets per 30 days
Generic version of LIPITOR
On drug list, Preferred Generic

Total cost: \$10

[Sign in to fill with PrimeMail](#)

[See all pricing options](#)

\$6
30-day supply

Walgreens #10084
1150 11th Ave
Helena, MT 59601

- ✓ 90-day supply available
- ✓ Vaccine pharmacy

Using Myprime: Advantage Plus Network

- Click on 'Pharmacies' & select the network, which is '**2017 Advantage Plus Network**' -> click 'submit'
- Enter zip, city & state, or address. (alternative search: pharmacy name)
- Map search & Filters are available

Choose your pharmacy network. [What is your pharmacy network?](#)

2017 Advantage Plus Network

2017 Health Insurance Marketplace

2016/2017 Traditional Select Network

2016 Elite with Local Limited Extended

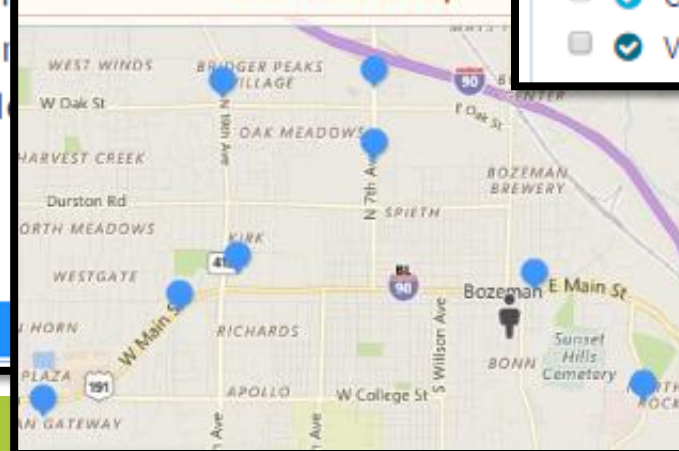
2017 Value Network

2017 Elite Network

2017 Advantage Network

2017 Advantage Plus Network

Redo search in map



Filters


- 90-day supply (11 results)
- Open 24 hours (*No pharmacies found*)
- Vaccine pharmacy (13 results)

[Medicines](#) [Pharmacies](#) [Learn](#) [Forms](#) [Register](#) [Sign in](#)

Sign in

Username


Password

Remember me 

[Sign in](#)

[Forgot username/password?](#)

[Continue without sign in](#)



[Register your account](#)

Prime Therapeutics






Helping you get the medicine you need to feel better and live well.

[PrimeTherapeutics.com](#)

Now on MyPrime

It's here! We've combined MyPrime.com and MyPrimeMail.com to make things easier for you. Now you can manage your medicines, get your prescription drug information and more, all on MyPrime.com.

Sign in or register to:

-  **Fill with PrimeMail[®]**
Refill, renew and transfer prescriptions to PrimeMail
-  **Check order status**
See the current status of all of your PrimeMail orders
-  **See prescription history**
Review your prescription history and cost information
-  **Find medicines**
Search for medicines and find cost and coverage information
-  **Do it all on the go**
Access MyPrime.com on your phone or tablet, anytime, anywhere




MyPrime Landing Page

Sign in, register or browse the site as a guest by clicking “Continue without sign in” to search for medicines and pharmacies and see helpful plan documents.

Manage your medicines

- Refill with PrimeMail**
View and refill your PrimeMail prescriptions
- See prescription history**
Review your prescription history and cost information
- Check order status**
See the current status of all of your PrimeMail orders
- Find medicines**
Search for medicines and find cost and coverage information



Featured video
Watch to see why taking your medicines as directed will help you feel better and live well.

Less paper. More time.

Get important updates about your medicines by email.

- Save time.
- Reduce clutter.
- Help the environment.

Go Paperless

PrimeMail Home Delivery

Your team, 24/7
At PrimeMail, you can talk with our expert pharmacy team at any time, day or night. Call us with your questions, and let us help switch all your long-term prescriptions to home delivery. Visit [MyPrimeMail.com](#) or [contact](#) any time and we'll be happy to help.

PrimeMail order status

#1234567890
Received Mar 22, 2016

In process
metformin hcl

View orders 1 of 5

Your prescription history for 2016

No recent prescription information to display.

Prescription history

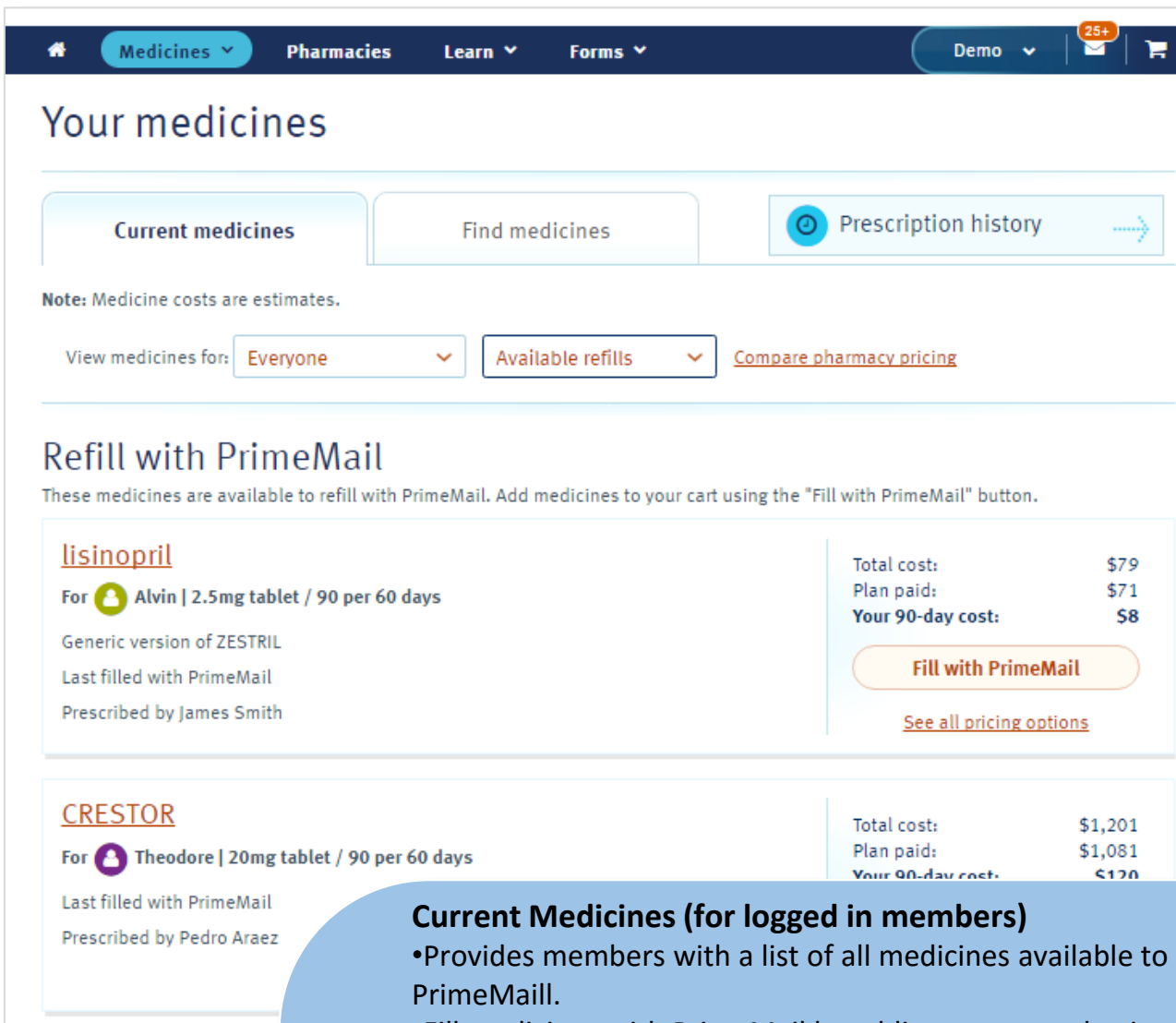
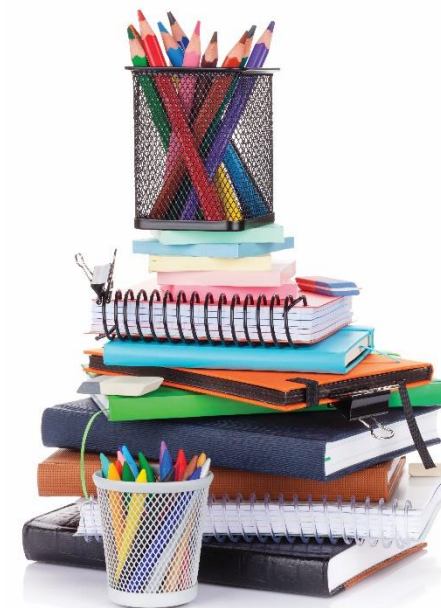
- Refill with PrimeMail
- Find medicine
- Find a pharmacy
- Contact us

¿Prefiere español?
Cambiar idioma

Prime Specialty Pharmacy

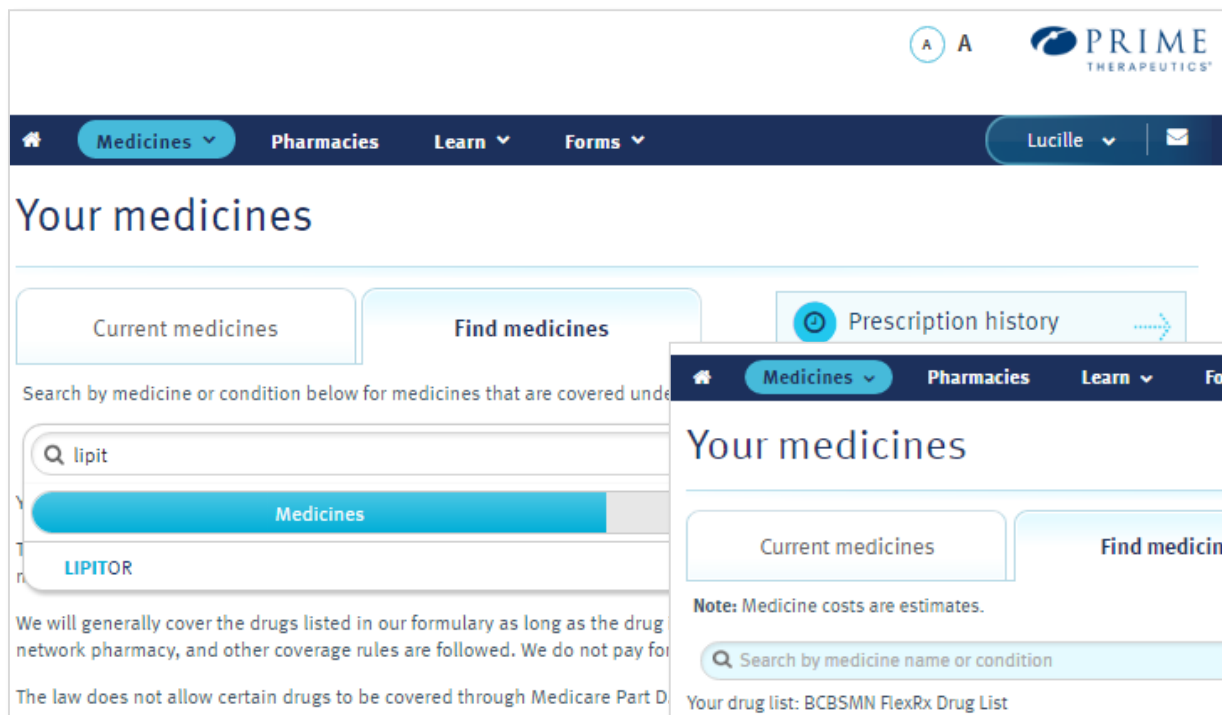


Post Login Home Page (Dashboard)
Relevant information to the member is displayed at the forefront, including quick links to refill prescriptions with PrimeMail, see prescription history and check PrimeMail order status.

Current Medicines (for logged in members)

- Provides members with a list of all medicines available to refill, renew or transfer to PrimeMail.
- Fill medicines with PrimeMail by adding to cart and going through the checkout.
- For retail only members, current medicines will display a listing of medicines the member has filled at a retail pharmacy.



PRIME THERAPEUTICS

Medicines Pharmacies Learn Forms Lucille

Your medicines

Current medicines Find medicines Prescription history

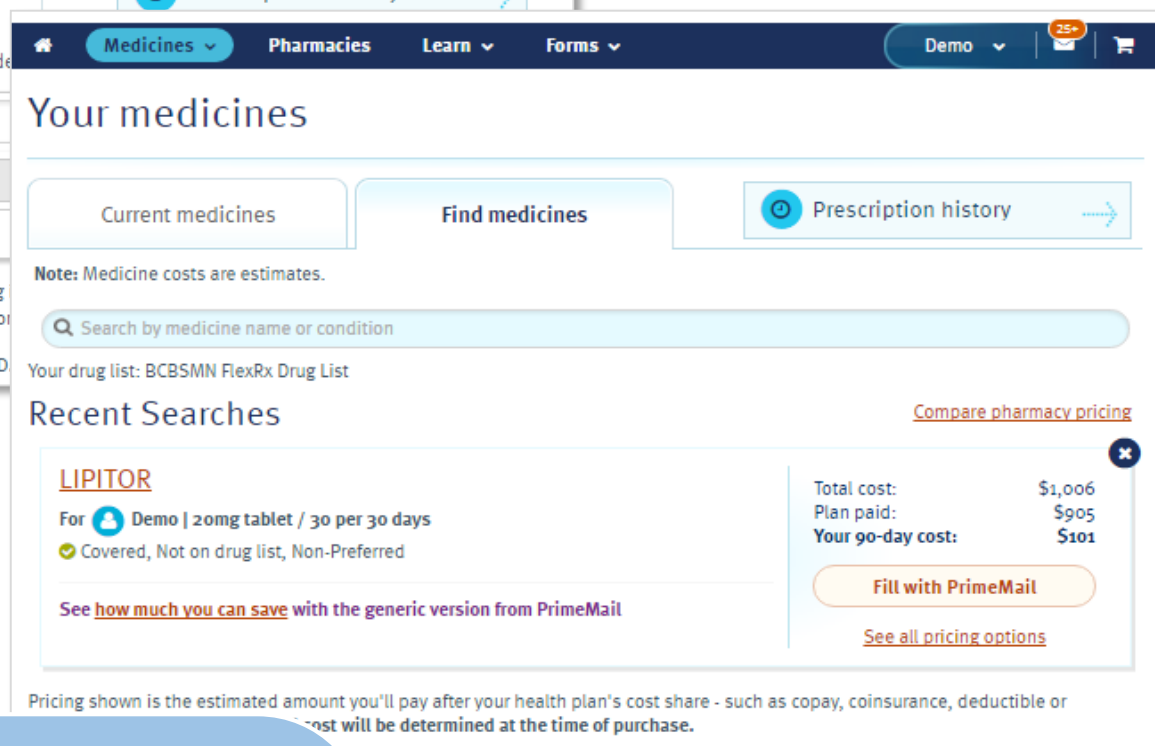
Search by medicine or condition below for medicines that are covered under your plan.

lipit

Medicines

LIPITOR

We will generally cover the drugs listed in our formulary as long as the drug is on the network pharmacy, and other coverage rules are followed. We do not pay for off-network drugs. The law does not allow certain drugs to be covered through Medicare Part D.



PRIME THERAPEUTICS

Medicines Pharmacies Learn Forms Demo

Your medicines

Current medicines Find medicines Prescription history

Note: Medicine costs are estimates.

Search by medicine name or condition

Your drug list: BCBSMN FlexRx Drug List

Recent Searches

[Compare pharmacy pricing](#)

LIPITOR

For Demo | 20mg tablet / 30 per 30 days

✓ Covered, Not on drug list, Non-Preferred

See [how much you can save](#) with the generic version from PrimeMail

| | |
|--------------------------|--------------|
| Total cost: | \$1,006 |
| Plan paid: | \$905 |
| Your 90-day cost: | \$101 |

[Fill with PrimeMail](#)

[See all pricing options](#)

Pricing shown is the estimated amount you'll pay after your health plan's cost share - such as copay, coinsurance, deductible or out-of-pocket maximum. Final cost will be determined at the time of purchase.

Find Medicines

- Perform searches by drug name or condition
- See cost estimates and coverage status based on member pharmacy benefits.

[Home](#)
[Medicines](#)
[Pharmacies](#)
[Learn](#)
[Forms](#)
Terrence

[Back to Medicines](#)
LIPITOR

For Terrence | 10mg tablet / 30 per 30 days [Select a different dosage](#)
 No interactions found

Coverage information

Covered
This medicine is covered by your pharmacy benefit plan.

Not on drug list
This drug is not included on your health plan's drug list, or formulary.

Non-formulary
This non-formulary drug may be covered on a temporary basis during your 90-day transition period. You should work with your prescriber to ask for a formulary exception or to switch to a formulary alternative.

Generic equivalent

[atorvastatin calcium](#)
 Covered, On drug list, Formulary

See [how much you can save](#) with the generic version from PrimeMail

Therapeutic alternatives

Most conditions can be treated by more than one medicine. A therapeutic alternative is a chemically similar drug which can resolve some of the same symptoms. It can be the generic version of a brand-name medicine or a different brand-name medicine. It can also save you money. Talk to your doctor to see if a therapeutic equivalent could work for you.

[Check for therapeutic alternatives](#)

Therapeutic Alternatives © Copyright 2016 DestinationRx, Inc. All rights reserved.

Delivered to your door with PrimeMail

| | |
|--------------------------|------------|
| Total cost: | \$597 |
| Plan paid: | \$597 |
| Your 90-day cost: | \$0 |

[See all pricing options](#)

Fill with PrimeMail

The estimated amount you'll pay after your health plan's cost share - such as copay, coinsurance, deductible or premium - have been met. **Actual cost will be determined at the time of purchase.**

Interactions

What do I need to tell my doctor B...

Medicine Details Page

Clear coverage status and details including generic equivalents and interactions.

Find a Pharmacy

Search for participating pharmacies near you

I'm searching for **Retail** pharmacies. ?

Q Chicago, IL

Your network: BCBSIL Non-Employer Group Network

Filters [Clear](#)

- Preferred pharmacies (24 results)
- 90-day supply (24 results)
- Open 24 hours (No pharmacies found)

[Learn more about these options](#)

25 pharmacies in your network

Select medicines to price [Select medicines](#)

[Price my medicines here](#)

PrimeMail Delivery

Pricing for PrimeMail is for a 90-day supply of medicine. Retail prices below are for a 30-day supply of medicine.

- PrimeMail 90-day supply available

[Price my medicines here](#)

Walgreens

100 W Randolph St, Ste 101
Chicago, IL 60601
0 miles | 312.525.3984

- Preferred pharmacy
- 90-day supply available

Select medicines

Recent searches
No recent searches. [Find a medicine](#)

Current prescriptions

- Demo**
 - amoxicillin 125mg/5mL oral suspension reconstituted / 1 100mL bottle over 30 days
 - atorvastatin calcium 20mg tablet / 90 over 60 days
 - LIPITOR 10mg tablet / 90 over 30 days
 - PROAIR HFA 105 (90 base)mcg/act inhalation aerosol solution / 10, 500235294117647 0.5gm inhaler over 60 days
- Alvin**
 - lisinopril 3.5mg tablet / 90 over 60 days
- Simone**
 - amoxicillin 125mg/5mL oral suspension reconstituted / 1.125 80mL bottle over 60 days
- Theodore**

[Continue](#) [Cancel](#)

• Service: Available 24/7

Pharmacies

- Search for pharmacies in network by entering a ZIP code, city/state, or address.
- Select medicines for pricing estimates and compare pricing across pharmacies.
- Filter results by extended supply, 24-hour availability and preferred status (if applicable).

Eng Esp A A PRIME THERAPEUTICS

Medicines Pharmacies Learn Forms Craig

Coverage and cost

Learn more about your pharmacy benefits, from filling a prescription to the difference between copays and coinsurance. View answers to common questions, below.

Q Why should I use a network pharmacy?

A A network pharmacy is made up of pharmacies where your prescription plan is covered. Your health plan chooses a network pharmacy to provide you with convenient pharmacy services at better costs. Typically, a network pharmacy will include thousands of pharmacies across the country, both chain stores and independents. So even when you are traveling, you can find a pharmacy in your network.

When you need to fill a prescription, use one of network, you may run into some inconvenience medication, up front. You will also have to submit plan does not guarantee reimbursement for pre

Finding a pharmacy in the network is easy. You pharmacies in your area. Visit our [Pharmacy Fin](#) pharmacy name.

Eng Esp A A PRIME THERAPEUTICS

Medicines Pharmacies Learn Forms Craig

Prime Dictionary

B

- > Benefit
- > Benefit design

Learn

Where members can learn more about Prime's programs, review answers to frequently asked questions and view clear and simple definitions to common pharmacy industry terms.

Get the forms you need

Forms and resources for your prescription drug p

- Plan documents
- Coverage Exception form
- PrimeMail order form

Your drug list: BCBSMN FlexRx Drug List

Authorization Cancellation Form

[Download PDF](#)

Authorization for Release of Information

[Download PDF](#)

Drug List Exclusions

[Download PDF](#)

FlexRx Drug List

[Download PDF](#)

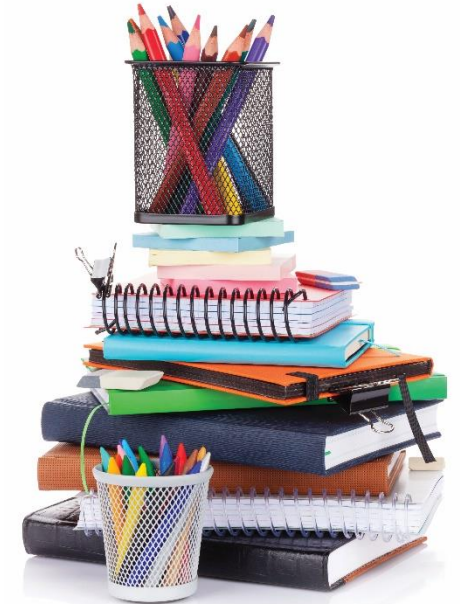
FlexRx Formulary Updates

[Download PDF](#)

FlexRx Standard Utilization Management Programs

[Download PDF](#)

FlexRx Utilization Management Updates



Forms
One place for all relevant member documents.

Medicines Pharmacies Learn Forms Demo 25

PrimeMail® orders Prescription history

Prescription history for: Demo Member

All available Jan 13, 2014 to Jan 13, 2016

This year (2016)
Last year (2015)
This month (Jan)
Last 12 months
All available
Custom

Your plan paid: \$14,600.76 | You paid: \$11,555.82 [Cost details](#)

Expand all Search prescriptions Newest first

| | | COST |
|-------------|--|----------------------|
| Jan 13 2016 | > amoxicillin For Demo Member 125mg/5mL oral suspension reconstituted / 1mL for 30 days | You paid: \$1.12 |
| Jan 13 2016 | > atorvastatin calcium For Demo Member 20mg tablet / 90 tablets for 90 days | You paid: \$10.20 |
| Jan 13 2016 | > fluticasone propionate For Demo Member 50mcg/act nasal suspension / 16gm for 90 days | You paid: \$10.00 |
| Jan 13 2016 | > NEXIUM For Demo Member 20mg capsule delayed release / 1 capsule delayed release for 90 days | You paid: \$2,000.40 |
| Jan | > omeprazole | You paid: \$6.30 |

Prescription history – For logged in members

View past prescription history and medicine costs through customizable list options.



Message Center

Get pharmacy benefit updates, alerts, medicine and prescription information, health & wellness tips, special offers and other information.


You have no messages at this time.

Member summary

Health plan: [BCBS Minnesota](#)
Member ID: 12345678987
Drug list: BCBSMN FlexRx Drug List
Pharmacy network: RxNetwork A

Member links

[Message center](#)
[Prescription history](#)
[Manage my account](#)

 Your profile is 90% complete. [Manage my account](#)

About Prime Therapeutics

Our purpose is to help people get the medicine they need to feel better and live well. Learn more at [PrimeTherapeutics.com](#)

[Contact us](#)
 [Prime on Facebook](#)
 [Prime on Twitter](#)

Secure Message Center – For logged in members

A secure place on MyPrime.com where members who have chosen electronic communication channels can receive messages from Prime

IV. 24/7 Nurseline



Nurses available
anytime you
need them



**Call the 24/7 Nurseline with
any health questions.**

Toll-free: 877-213-2565

Hours of Operation: Anytime

Health happens — good or bad, 24 hours a day, seven days a week. That is why we have registered nurses waiting to talk to you whenever you call our 24/7 Nurseline.

Our nurses can answer your health questions and try to help you decide whether you should go to the emergency room or urgent care center or make an appointment with your doctor. You can also call the 24/7 Nurseline whenever you or your covered family members need answers to health questions about:

- Asthma
- Dizziness or severe headaches
- Cuts or burns
- Back pain
- High fever
- Sore throat
- Diabetes
- A baby's nonstop crying
- And much more

Plus, when you call, you can access an audio library of more than 1,000 health topics — from allergies to surgeries — with more than 500 topics available in Spanish.

Back to [Table of Contents](#)

V. Virtual Visits

Why Virtual Visits?

Online visit scheduling and payment collection

Simple, non-emergency medical conditions addressed via online video, mobile app or telephone

Digital Prescriptions to pharmacy of choice

Minimal technology requirements

Secure messaging and email

Mobile app

SEAMLESS MEMBER EXPERIENCE

Back to [Table of Contents](#)

When to Use Virtual Visits

Non-Emergency Medical Conditions

- Allergies
- Cold and flu
- Diarrhea
- Earache
- Fever
- Headache
- Insect bites
- Nausea
- Pinkeye
- Sore throat

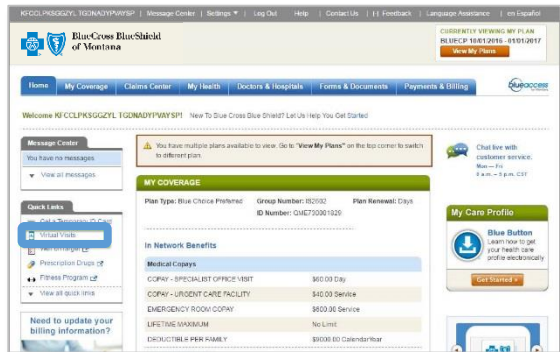
Pediatric Care

- Cold and flu
- Earache
- Nausea

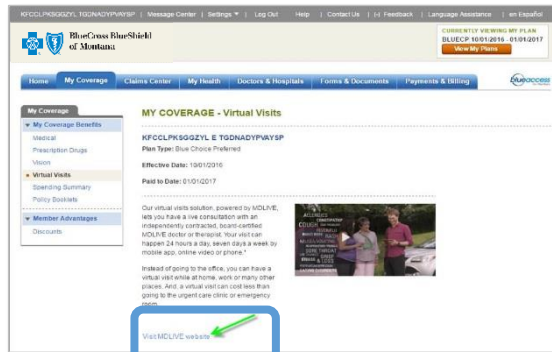
Behavioral Health

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

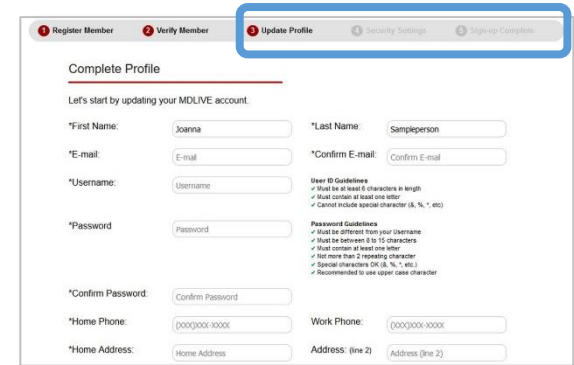
One-Time Account Activation from Blue Access for MembersSM



Log in to Blue Access for Members and click Virtual Visits in the Quick Links menu



Click the Visit MDLIVE link on the My Coverage Virtual Visits page



Member is redirected to MDLIVE profile page to complete* profile and activate account

*Steps 1 and 2 are automatically completed. The member needs to complete steps 3-5.

One-Time Account Activation from MDLIVE Website



The image displays two screenshots of the MDLIVE website. The left screenshot shows the homepage with a navigation bar (Home, Activate, FAQs, Contact Us, Sign In) and a prominent 'Activate Now' button. Below the button, there is a section for 'MDLIVEApp' and a 'Meet MDLIVE' section. The right screenshot shows the 'Member Registration' form, which includes a progress indicator (1 Member Registration, 2 Verification, 3 Create Profile, 4 Security Settings, 5 Sign-up Complete) and fields for First Name (Jane), Last Name (Doe), Gender (Female), Date of Birth (January 1, 1987), and BCBS Member ID. A 'Continue' button is visible at the bottom of the form.

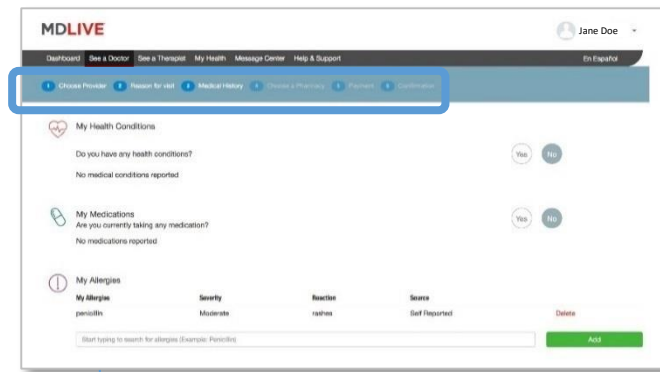
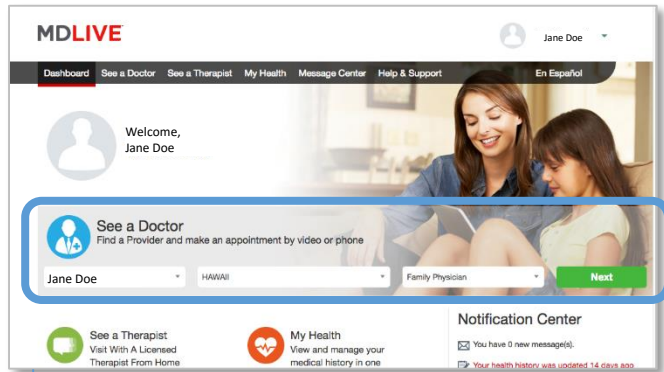
Visit mdlive.com/bcbsmt and click **Activate Now**

Follow the prompts:

- Member Registration*
- Verification
- Create Profile
- Security Settings
- Sign-Up Complete

*Member will need BCBSMT ID card available to register from mdlive.com.

Requesting a Virtual Visit

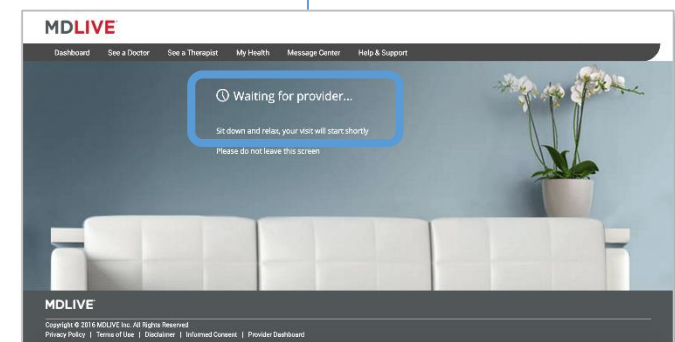
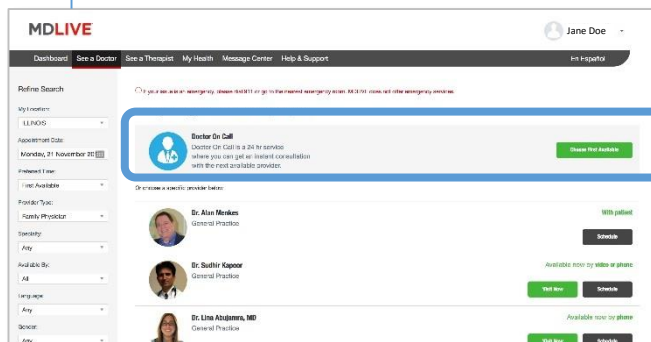


Log in via Blue Access for MembersSM or mdlive.com/bcbsmt, choose location* and doctor or therapist for visit

Choose first available provider or schedule an appointment**

Provide a brief medical history, pharmacy information and method of payment

Receive confirmation and visit the doctor or therapist!



*Each state has different regulations for virtual visits. The state the member is in when requesting a virtual visit will determine whether the consultation is by phone or by video.

**Behavioral health visits are by appointment only.

Learn More About Virtual Visits in Blue Access for MembersSM (BAMSM)



Access the Virtual Visits page in BAMSM from the:

- My Coverage tab
- My Health tab
- Quick Links menu

MY COVERAGE

Print | PDF | My Coverage FAQs >

Coverage Overview

This table shows an overview of your coverage and who is covered by your plan. [Print Temporary ID Card >](#)

Anyone who has been a member in your plan in the last 18 months may be shown here, even if he or she is not a member today. [Verification of Coverage Letter >](#)

Questions about what your plan covers? Check your plan documents. Or call the number on your member ID card.

| Member | Coverage Type |
|---|--|
| JANE DOE Birth date: 02/26/1976 Group Number: 012345 ID Number: XYZ123456789 | Medical Plan Type: PPO+ Effective Date: 01/01/2017 <hr/> Prescription Drugs Plan Type: PPO+ / PRIME THERAPEUTICS Effective Date: 01/01/2017 <hr/> Virtual Visits Plan Type: PPO+ Effective Date: 01/01/2017 |

MY HEALTH

Virtual Visits

Our virtual visits solution, powered by MDLIVE, lets you have a live consultation with an independently contracted, board-certified MDLIVE doctor. Your visit can happen 24 hours a day, seven days a week by mobile app, online video or phone. MDLIVE's professionals can treat many non-emergency medical health conditions.

[Visit MDLIVE website >](#)

[Learn more about virtual visits >>](#)

MY COVERAGE

Plan Type: PPO+ **Group Number:** 012345
ID Number: XYZ123456789

Quick Links

- Get a Temporary ID Card
- Identity Protection
- Virtual Visits
- Prescription Drugs >
- Fitness Program >

Single Sign-On Through BAMSM

These pages link the member directly to MDLIVE's site – a seamless transition.

The image displays two screenshots of the Blue Cross and Blue Shield of Montana (BAM) website interface, illustrating the seamless transition to MDLIVE's site.

Left Screenshot (My Coverage - Virtual Visits):

- Navigation: Home, My Coverage, Claims Center, My Health, Doctors & Hospitals, Forms & Documents.
- Section: MY COVERAGE - Virtual Visits.
- Member: JANE DOE, Plan Type: PPO+, Effective Date: 01/01/2017.
- Description: "Our virtual visits solution, powered by MDLIVE, lets you have a live consultation with an independently contracted, board-certified MDLIVE doctor. Your visit can happen 24 hours a day, seven days a week by mobile app, online video or phone."
- Text: "Instead of going to the office, you can have a virtual visit while at home, work or many other places. And, a virtual visit can cost less than going to the urgent care clinic or emergency room."
- Callout: A blue arrow points to a rounded rectangle containing the text "Visit MDLIVE website".
- Section: Getting Care. Text: "MDLIVE's doctors can treat many non-emergency..."

Right Screenshot (My Health - My Care Profile):

- Navigation: Home, My Coverage, Claims Center, My Health, Doctors & Hospitals, Forms & Documents.
- Section: MY HEALTH.
- Section: My Care Profile.
- Description: "Set up and access your care profile to access information about your medications, test results and other key health information in one convenient location. You can view your information over time and validate recent updates."
- Text: "View My Care Profile."
- Section: Virtual Visits. Description: "Our virtual visits solution, powered by MDLIVE, lets you have a live consultation with an independently contracted, board-certified MDLIVE doctor. Your visit can happen 24 hours a day, seven days a week by mobile app, online video or phone. MDLIVE's professionals can treat many non-emergency medical health conditions."
- Callout: A blue arrow points to a rounded rectangle containing the text "Visit MDLIVE website".
- Text: "Learn more about virtual visits >>"
- Section: Fitness Program. Description: "The Fitness Program membership is your affordable passport to fitness. This program offers..."

VI. Blue365

Blue365[®] Member Discount Program



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**BlueCross
BlueShield**

Subscriber Name:

FIRSTNAME M. LASTNAME

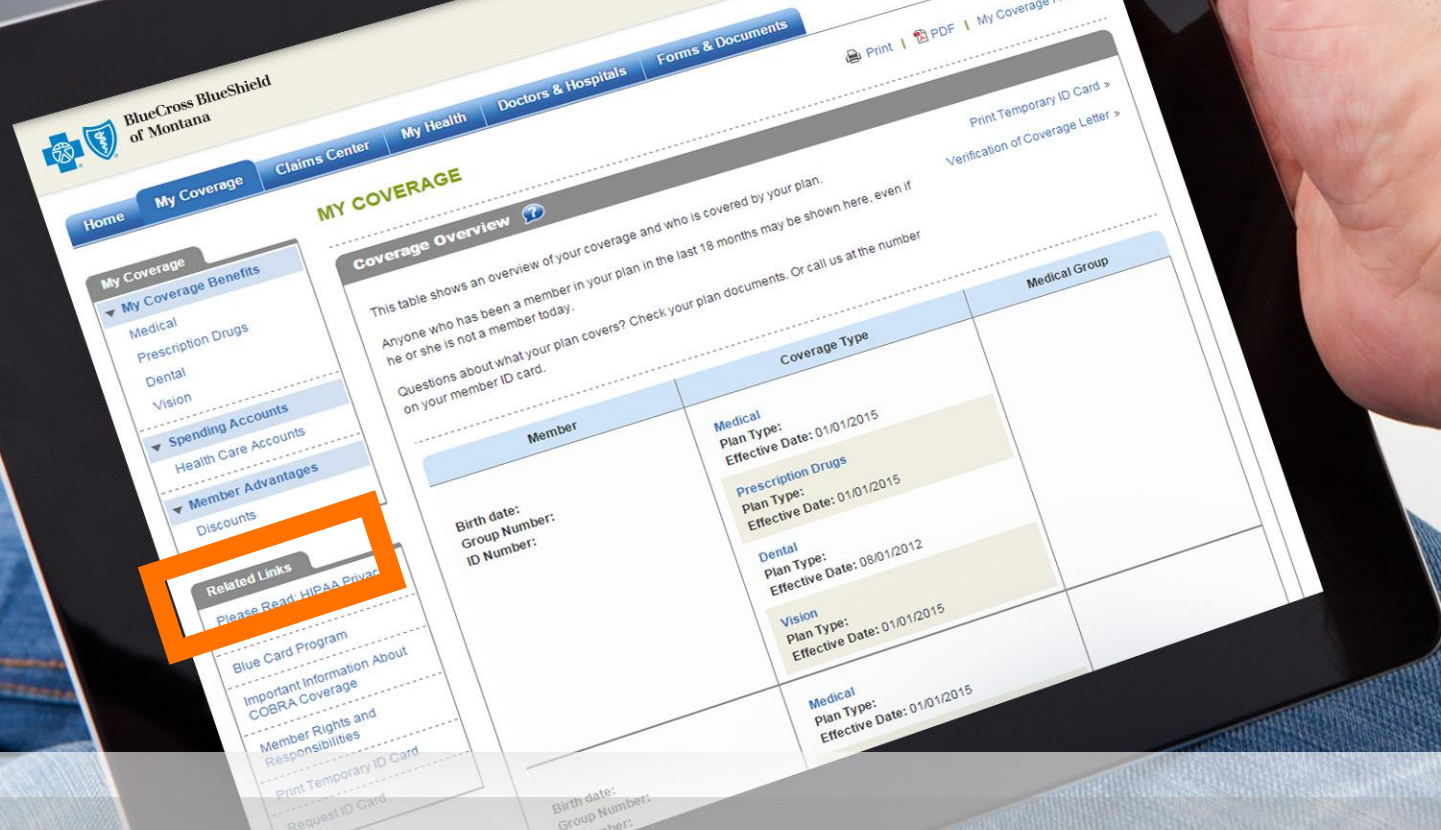
Identification Number:

XXX111122334

Group Number: **0123456**

Blue365[®]

Members and covered dependents can **save money on value-added health and wellness products and services** not usually covered by a medical benefit plan

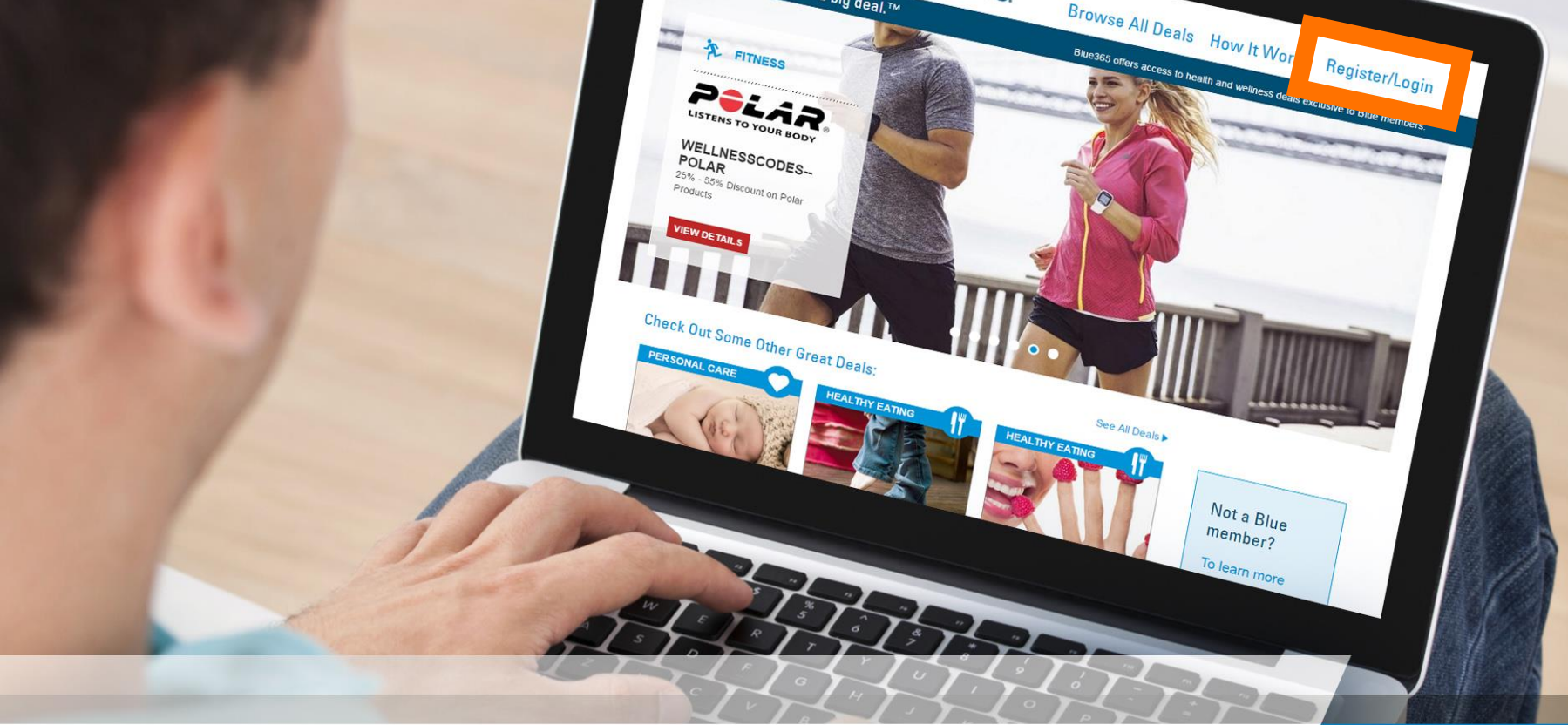


Register for Blue365® on Blue Access for MembersSM

From the **My Coverage** tab, click **Discounts** under the **Member Advantages** section on the left side. Follow the link to the Blue365 site

Once registered, you will receive a weekly "Featured Deals" email





Or register at Blue365deals.com

Click **Register/Login** at the top right corner of the Blue365® homepage

Once registered, you will receive a weekly "Featured Deals" email



Because Health is a big deal.™

Blue365 offers access to health and wellness deals exclusive to Blue members.

This Week's Deal

WELLNESS



EMINDFUL

\$15 Off Online Course- Simple Steps to Stop Stress-Related Holiday Eating

VIEW DETAILS



Check Out Some Other Great Deals:

See All Deals ▶

PERSONAL CARE



PROCTER AND GAMBLE

PERSONAL CARE



JONATHAN PAUL

FITNESS



SNAP FITNESS

Not a Blue member?

To learn more about Blue health insurance visit

Blue365®

EXCLUSIVE HEALTH & 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

Blue365® DEALS



Fitness



Personal Care



Healthy Eating



Wellness

To view in Spanish, change the language preference in your Account Profile

Learn more by watching a short video at the “**How It Works**” page

Watch our video
Blue365



VISION DISCOUNTS



VISION
DISCOUNTS



LASER VISION
CORRECTION



CONTACT
LENSES



Pay Less for Vision, Accessories, and Services

from vendors such as Davis VisionSM,
Contacts America, Fitovers, LASIK,
QualSight Lasik and more.

Please visit Blue365deals.com for more details

HEARING DISCOUNTS

through **TruHearing®** and **Beltone™**



**Available to covered members –
Extended family members are eligible even
if they are not enrolled in a BCBS plan**

- Hearing test performed by a licensed hearing specialist at no additional charge*
- Quality digital hearing aids available at a reduced price
- 3-year warranty

**When performed for the purpose of fitting a hearing aid*

Discounts available to extended family members, including those in the same household, parents, grandparents and siblings.

ADDITIONAL FITNESS DISCOUNTS

JAWBONE

WELLNESSCODES-JAWBONE

10% - 30% Discount on Jawbone Activity Trackers

REDEEM NOW



SHARE:



FITNESS

FITNESS MAGAZINES
Get Men's Health, Women's Health, Bicycling or Runner's World Magazine for only \$10/year

VIEW DETAILS

FITNESS

WELLNESS CODES-- GARMIN
20% - 25% Discount on Garmin Products

VIEW DETAILS

FITNESS

THE BIGGEST LOSER RESORT
10% - 25% Off Your Resort Stay

VIEW DETAILS

FITNESS

HEART RATE MONITORS USA
Save on Select FitBit, Mio and Polar Products

VIEW DETAILS

FITNESS

REEBOK
20% Discount on Online Store Purchases

VIEW DETAILS

BCBSMT reserves the right to stop or change this program at any time without notice.

HEALTHY EATING DISCOUNTS



Blue365[®] members can reach their weight-loss goals with savings from leading programs

Save on healthy meals, membership fees, nutritional products and services



DENTAL DISCOUNTS

through **Dental Solutions**



With Dental Solutions, Blue365[®] members will have access to more than 61,000 dentists at more than 185,000 credentialed dental access points including a complete specialty network

The discount card is intended for those that do not have insured benefits for dental. Pay a \$6 monthly recurring fee and a one-time non-refundable sign-up fee of \$9.95.

DENTAL DISCOUNTS

through Procter & Gamble (P&G)



Keep your smile healthy and bright with Procter & Gamble dental bundles

- Dental packages at reduced pricing containing the latest in Oral B® power toothbrushes and Crest® products

VII. Well On Target[®]

**Empowering,
engaging
and activating
members**

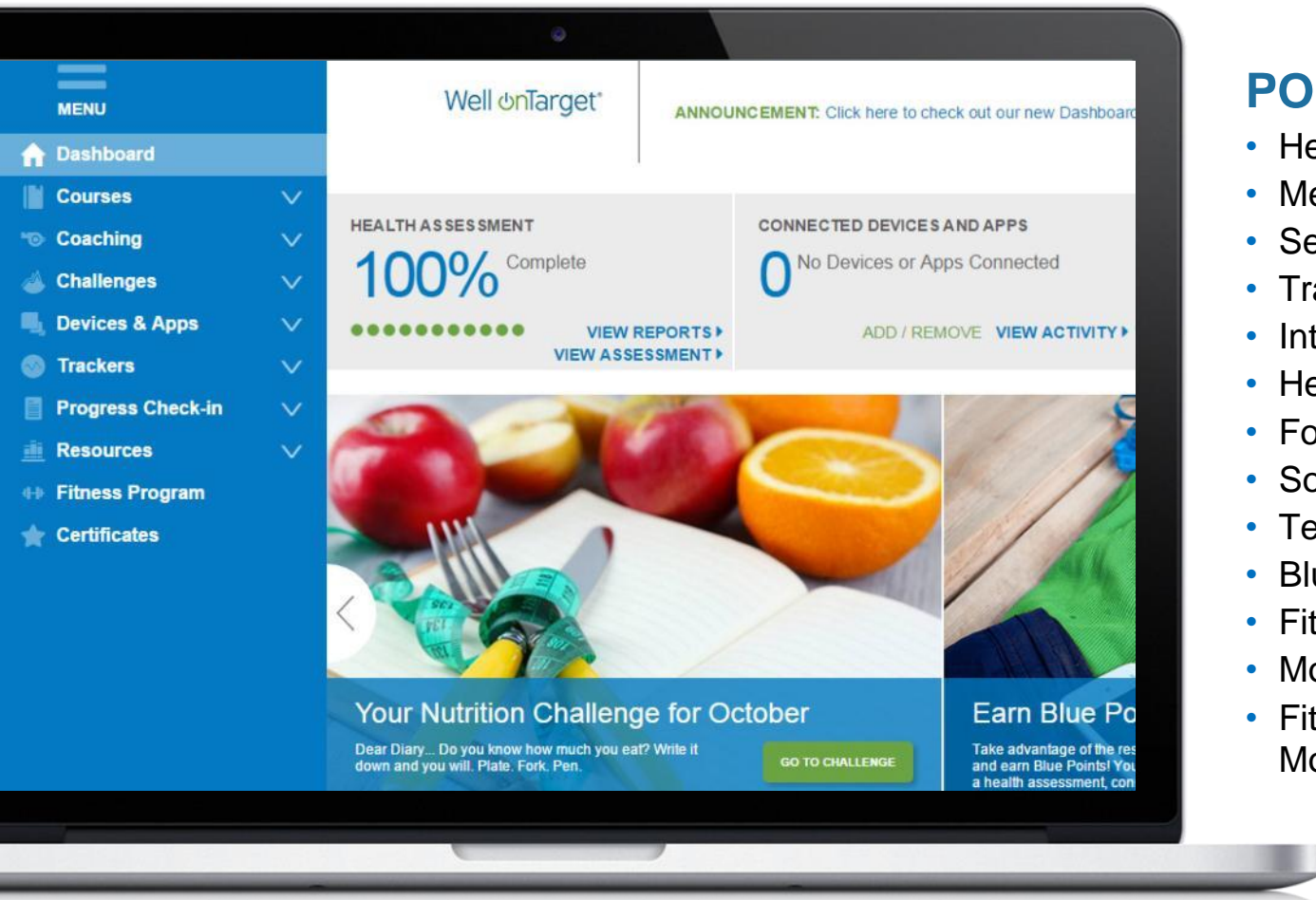


Back to [Table of Contents](#)

How Do We Engage Our Members?



- Dynamic Well onTarget® portal design for a personalized experience
- Built in Blue PointsSM rewards to encourage healthy behaviors
- Easy access to wellness features through the new Well onTarget mobile app
- New fitness device integration for constant motivation
- Personalized wellness communications for additional encouragement
- Employer tools for promoting on-site wellness events and hosting workplace competitions



PORTAL HIGHLIGHTS

- Health Assessment
- Member dashboard
- Self-directed courses
- Trackers and tools
- Interactive symptom checker
- Health & wellness content
- Food and exercise diary
- Social networking
- Text messaging
- Blue PointsSM rewards
- Fitness Program
- Monthly Challenges
- Fitness Device Tracking and Mobile App

Introducing
Well onTarget[®]
MOBILE



Well onTarget[®] Mobile

WELLNESS ON THE GO

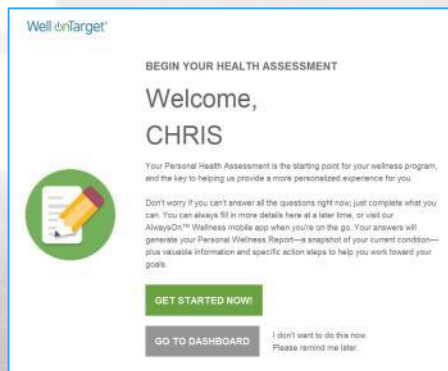
Features available at launch*:

- Mobile Health Assessment
- Health Dashboard and Trackers
- Blue PointsSM Balance
- Sync a Fitness Device or App



The Health Assessment

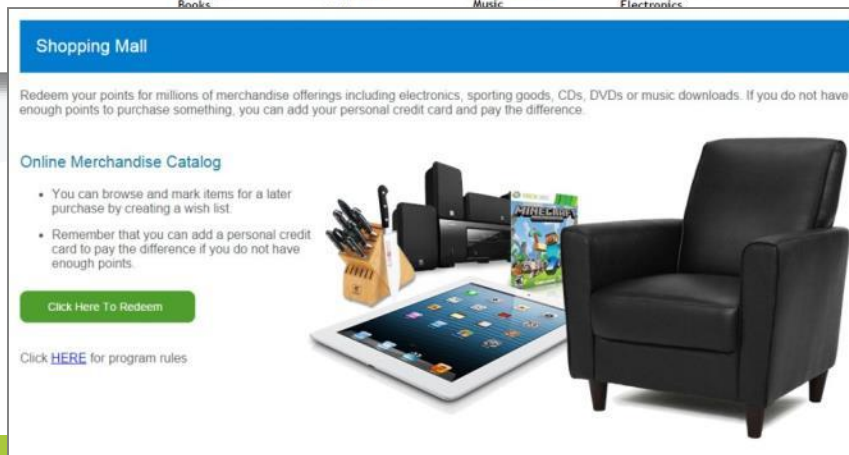
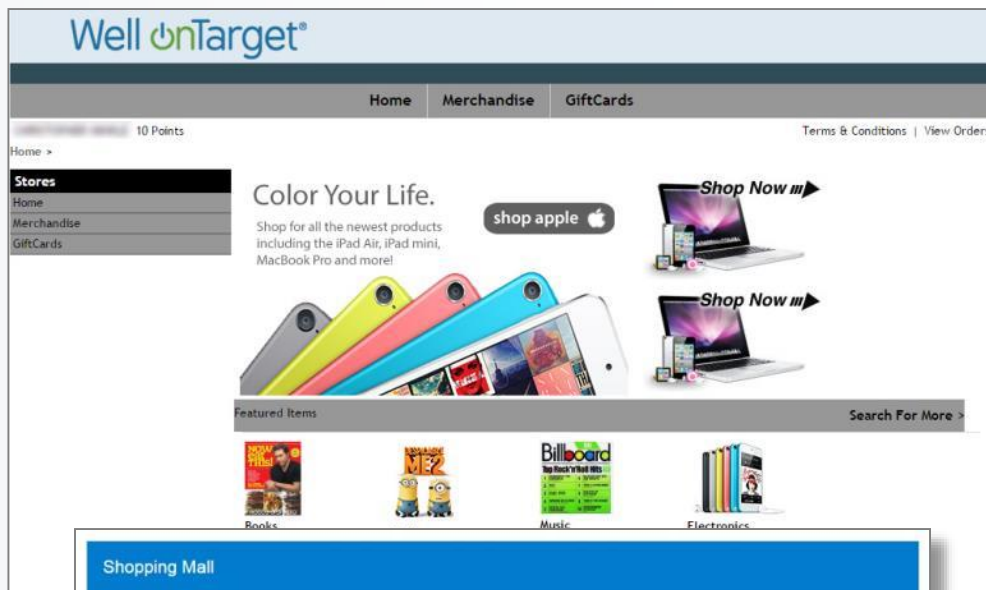
- Integrated within the portal
- Scientifically based branching logic for a personalized experience
- Drives engagement by recommending self-directed courses and coaching after completion
- Personal wellness report with health improvement tip



Blue PointsSM – Built-in Incentives

Instant recognition and rewards with Blue PointsSM

- Members can earn over \$250 in Blue PointsSM rewards
- Offerings that earn points:
 - Biometric screenings (voucher and on-site through Interactive Health and Catapult Health)
 - Health Assessment completion
 - Self-directed courses
 - Fitness Program Visits
 - Use of Online Trackers
 - Synching and using a fitness device or app



| Point History | |
|---|-----------------------|
| POINT BALANCE: 8000 HOW TO EARN POINTS | |
| 07/17/2013 onmyway Assessment | POINTS EARNED 2500 |
| 04/12/2013 Rollover Points | POINTS EARNED 5500 |
| Displaying all 2 ledger entries | |

SELF-DIRECTED COURSES

STRUCTURED 12-WEEK LESSONS
ON 5 KEY HEALTH TOPICS

The screenshot shows the 'Well onTarget' course overview for 'MANAGING STRESS'. It includes a navigation menu on the left with options like 'Courses', 'Coaching', 'Challenges', 'Devices & Apps', 'Trackers', 'Progress Check-in', 'Resources', 'Fitness Program', and 'Certificates'. The main content area features a 'COURSE OVERVIEW' section with a 'MANAGING STRESS' heading, a 'CHOOSE A TIME OF DAY' section with a weather icon and 'I feel' mood selector, and a circular progress indicator for 12 lessons. A quote from Seneca is also visible: "A man who suffers in stress, suffers if it is necessary, suffers more than is necessary."

Course Overview

The screenshot displays 'THE STRESS REPORT' for Friday, November 13, 2015. It features a 'Your Stress Score' section with a bar chart showing a score of 10, ranging from LOW to HIGH. Below the chart, there is a 'You Are Ready To Take On Stress' section and a '4 Tips for Managing Stress' list: 'Avoid unnecessary stress', 'Alter the situation', 'Adapt to the stressor', 'Accept things you can't change', 'Make time for fun and relaxation', and 'Adopt a healthy lifestyle'. A cartoon illustration of two people talking is also present.

The Stress Report

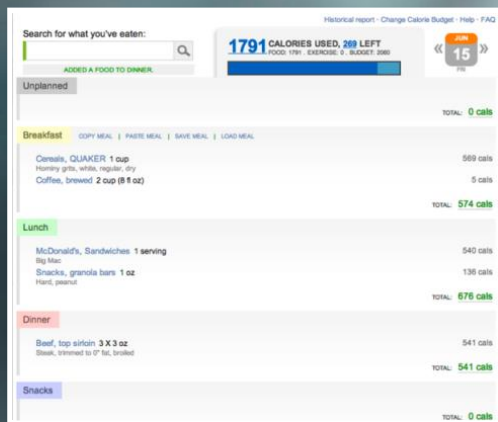
The screenshot shows a 'Stress Milestone Assessment' with a progress bar at 100%. It contains two questions: '1. What are the reasons that you chose to participate in this Stress program?' and '2. Has your stress level been having a negative impact on any of the following?'. Each question has a 'Mark all that apply' section with checkboxes for 'Physical health concerns', 'Mental health concerns', 'Personal concerns', 'Learn about stress', 'Other', 'Your work', 'Your family', 'Your health', and 'Your relationships'. The page includes 'CANCEL' and 'SAVE & CONTINUE' buttons.

Milestone Assessment

Health & Wellness Interactive Tools & Resources



Articles & Tools



Food & Exercise Diary



Symptom Checker





Fitness Device Integration SYNC. MOVE. ACHIEVE.

IMPROVES

member health and
outcomes

DRIVES

member engagement
and wellness

ANSWERS

consumer demand for
quantified self

Device Marketplace and Dashboard

The dashboard features a blue sidebar menu on the left with the following items: MENU, Dashboard, Courses, Coaching, Challenges, Devices & Apps (with sub-items My Fitness and Help), Trackers, Progress Check-in, Resources, Fitness Program, and Certificates. The main content area is titled "BROWSE AND CONNECT APPS" and includes a search filter and "MY FITNESS | HELP" text. It displays 14 app cards in a 3x5 grid (with the last cell empty). Each card contains the app's logo, name, a "CONNECT +" button, a brief description, and a "MORE DETAILS" link.

| App Name | Description |
|------------------|---|
| BodyMedia | The leading on-body monitoring system. Accurate information about your body. |
| Fitbit | Fitbit offers worn devices to help you lead a healthier, more active life. |
| Fitbug | Fitbug offers pocket-sized devices combined with an online program. |
| Garmin Connect | Garmin designs, manufactures and markets GPS navigation. |
| iHealth | iHealth designs innovative, mobile personal healthcare products for everyone. |
| Jawbone UP | UP is a wristband and app that tracks how you sleep, move and eat. |
| Map My Fitness | Take a look at how MapMyFitness can make your fitness easier and more |
| Misfit Wearables | Misfit is an elegant personal activity tracker that works with the Shine app. |
| Moves App | Moves App is an activity diary of your life. |
| Omron Fitness | Omron Fitness provides a range of devices to monitor your health. |
| Runkeeper | The Runkeeper app is a personal trainer in your pocket. |
| Strava | Strava is a complete system to track all your runs, rides and crosstraining. |
| Withings | Withings creates smart products and apps to take care of yourself and your |

Our Fitness Services

Fitness Program:

\$25

Monthly Membership fee to a nationwide network of leading national, regional and local fitness centers with no contract

VS. \$45.30 average monthly fee for access to one fitness center brand*

FITNESS WORKS:

Our Corporate On-site Fitness Center Program**

- Facility on-site
- Tracking of usage by members
- Access at Blue Access for MembersSM or wellontarget.com
- Earn **Blue Points**SM as you work out at work



Advantages of Our Wellness Solution



HOLISTIC

approach addressing members' stress, nutrition and physical activity

INTEGRATED

with Blue Care Connection[®] clinical programming

FLEXIBLE

with a range of features to improve your population's health

VALUE

through built-in Blue PointsSM incentives and market-leading price





TOTAL HEALTH MANAGEMENT

An innovative wellness program aimed at improving your health and reducing your health care costs.

Enroll Now

1. Coordinate the completion of the provided THM Health Assessment Form with your physician.
2. Sign the THM Form along with your Primary Care Provider.
3. Submit the completed THM Health Assessment Form by June 30.

Please contact
wellness@bcbsmt.com
for more information.



The Big Picture



**PLAN,
ENGAGE,
MOTIVATE,
SUSTAIN,
MEASURE**