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www.bcbsla.com

BLUEnotes

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Activate Your Online Member Account

Whether you're new to Blue Cross or a long-time member, make sure you activate your online member account at www.bcbsla.com. With your online member account, you can:

Look at your claims. Find out what you owe and what Blue Cross paid on your behalf for your recent doctor visits.

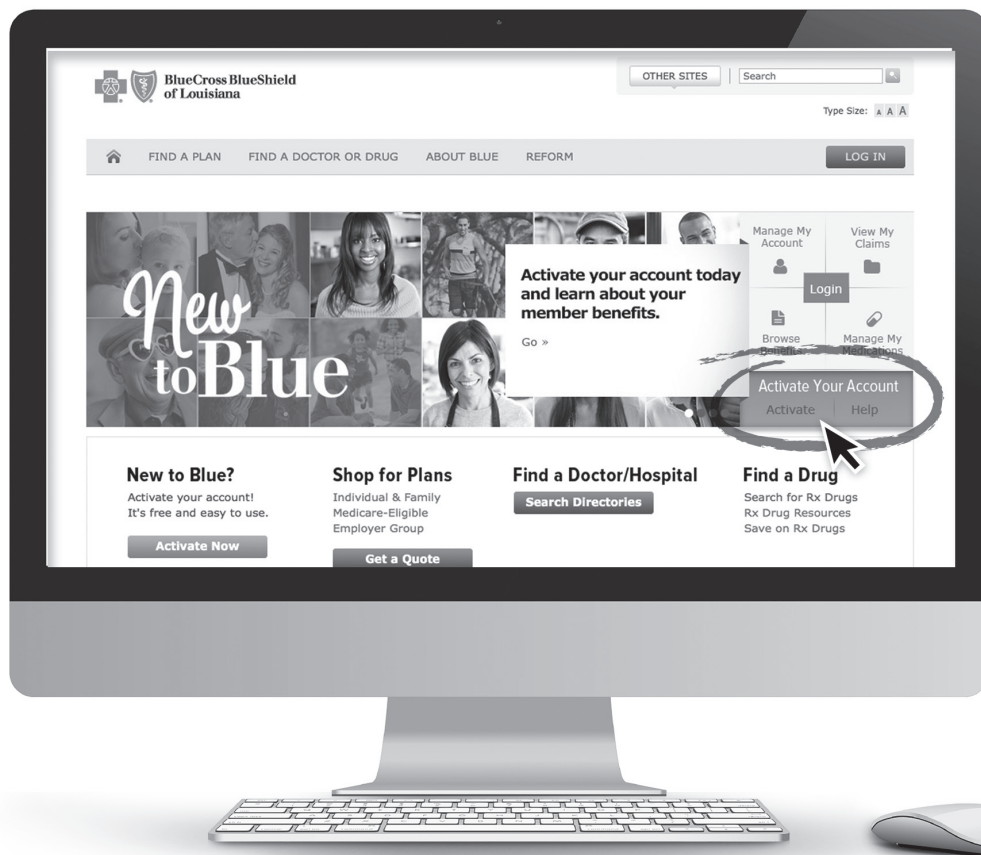
Pay your bill. Save time and stamps by making a payment online.

Get policy details. Learn what services are covered and find out about your copays and deductibles.

Price a drug. Find out how much your prescription will cost you out-of-pocket.

Create a personal health record. Keep track of your doctor visits and prescriptions with your own personal health account.

So activate your account today and get the most out of your membership. Visit www.bcbsla.com to learn more.



BlueCross BlueShield of Louisiana

An independent licensee of the Blue Cross and Blue Shield Association.



HMO Louisiana, Inc.

A subsidiary of Blue Cross and Blue Shield of Louisiana, independent licensees of the Blue Cross and Blue Shield Association.



Pack Your Bags and Your Benefits

When you're a Blue Cross and Blue Shield of Louisiana or HMO Louisiana Inc. member, you take your healthcare benefits with you when you travel. The BlueCard® Program gives you access to doctors and hospitals across the country and around the world.

Here are three ways to find doctors and hospitals when you are outside your plan's service area:

- Download the Blue National Doctor & Hospital Finder app on your smartphone.
- Go to the BlueCard® Doctor and Hospital Finder at www.bcbs.com.
- Call BlueCard Access® toll-free at **1-800-810-BLUE** (or 1-800-810-2583).

Be sure to go to a BlueCard® doctor or hospital to get the highest level of benefits—and show your card when you go. The suitcase symbols on your card will tell the doctor that you have BlueCard® benefits.



Are You Ready for Hurricane Season?

It's always smart to be ready for hurricanes during the months of June to November, but severe weather could strike at any time. We urge you to be ready for any time when you may not be able to get to your regular doctor or pharmacy because of weather damage.

Start by taking this smart step:

Sign up for an online account on www.bcbsla.com.

No matter where you are, you can get your Blue Health Record, a 3-year history of your claims with us, which you can share with doctors or the pharmacy while you're away from home.

Visit www.bcbsla.com/hurricane for more information about hurricane and severe weather preparedness with regard to your healthcare.

Myhealthfinder: A Link to Preventive and Wellness Guidelines

Routine check-ups and tests can help save you from health problems down the road. Preventive and wellness guidelines show what you should do and when based on your age, gender and risk.

To find out what preventive care you need, all you have to do is answer a few questions on our website at www.bcbsla.com.

Start by going to www.bcbsla.com and Log In. Follow these steps to get your preventive care list:

1. Click **MY HEALTH**.
2. Click **Workbooks & Guides**.
3. Click **Preventive and Wellness Guidelines**.
4. Read about the guides, then click the **Myhealthfinder** link in the text.
5. Answer the questions and click **Get Started** to get your preventive care results. Results are from the U.S. Preventive Services Task Force.

The screenshot shows the 'myhealthfinder' logo at the top left. Below it is a form titled 'I want information for: Sex'. There are two radio button options: 'Male' (with a male icon) and 'Female' (with a female icon). To the right of these options is a text input field for 'Age' followed by 'years'. At the top right of the form is a dropdown menu labeled 'Make a selection'. At the bottom right of the form is a 'Get Started' button with a right-pointing arrow. At the bottom left of the form is a link that says 'Get this Widget'.

As always, be sure to get your preventive care from a doctor or other healthcare provider in your network. To find network doctors, click **Find a Doctor**.