Getting the most from your health plan

Wellmark Blue Cross and Blue Shield members have access to free tools and resources. They're all designed to help you manage your health care costs and live a healthier life.

myWellmark®

myWellmark is your resource for understanding and seeing how your health plan works. Not only can you access your benefits and see how your plan covered your medical and pharmacy needs, you can also find:

- Pending and processed claims
- Specific plan details
- Digital ID cards and Explanation of Benefits
- In-network care and cost estimates

Identity protection services

With IDX™ Identity, your personal information remains secure with services including, credit record monitoring, 24/7 tracking of suspicious activity and accessing complete identity recovery if fraudulent activity is found.

Doctor On Demand®

Connect to a health care professional virtually through Doctor On Demand to be seen in minutes from wherever you are for your physical and mental health needs.

Wellness Center by WebMD®

Access the Wellness Center by WebMD for trusted health content and personalized recommendations on improving health and wellness.

BeWell 24/7℠

Get connected to a real person 24 hours a day, 7 days a week at 844-84-BeWell for answers to your health questions or concerns. Whether it's a determining if a fever warrants a doctor visit, discussing surgery options and more, BeWell saves you time and worry.

Blue365® Program

This program gives you exclusive access to discounts and resources that help you live a healthier lifestyle at **Wellmark.com/Blue365.**

Health support programs

Wellmark has three different programs — case management, pregnancy support and rare condition management — that can help improve outcomes when there is a significant health need.

Blue℠

Each issue of *Blue* features health and wellness articles, consumer tips and health plan news. It provides resources on living a fulfilling and healthy life. Find it online at **Wellmark.com/Blue.**

For more information on these added benefits or for answers to questions, call customer service at the number at the back of your Wellmark ID card.



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IDX™ Identity is an independent company providing identity protection services. IDX™ Identity does not provide Wellmark Blue Cross and Blue Shield products or services.

Wellmark's virtual health care visit benefit is made available through an independent company, Doctor On Demand by Included Health, and the telemedicine services are provided by licensed physicians practicing within a group of independently owned professional practices. Doctor On Demand, Inc. does not itself provide any physician, mental health or other healthcare provider services. Doctor On Demand operates subject to state laws. Doctor On Demand is not intended to replace an annual, in-person visit with a primary care physician.

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