Wellmark®



HEALTH INSURANCE MADE EASY

Health insurance is complicated, so we've made managing your health benefits even easier. With myWellmark, you can access all of your health information in one place. It's help for better health.

MAKE THE MOST OF YOUR COVERAGE. USE myWELLMARK TO:



- Better understand your health benefits.
- Find a trusted health provider.
- See accurate costs of medical procedures.
- Track and organize your family's medical claims and expenses.
- Sign up to receive your health statements online.
- Get health news, resources and tips.

REGISTER AT WELLMARK.COM.

LEARN MORE

Here are a few of the tools and resources you will find on **myWellmark:**

HEALTH CARE COST ESTIMATOR

Using your specific health plan benefits, this tool helps you make informed decisions:

- See accurate, real time out-of-pocket costs.
- Search for an in-network health care provider.
- View patient reviews to help you choose a quality physician.

CLAIMS & SPENDING

- **My Claims** — View the status of your claims, categorize and add personal notes.
- **Year-to-Date Spend** — Run a report showing your out-of-pocket health care spending for the current or previous calendar year.
- **My Flex Spending Account** — View flex account balances. (For members who have these accounts through Wellmark.)

MY BENEFITS

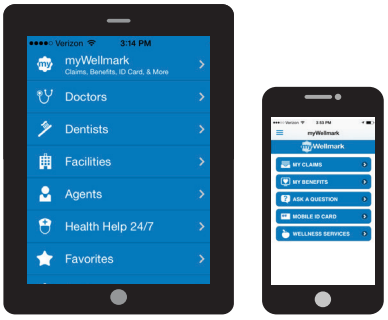
See your benefit information, such as copayments, deductibles, and out-of-pocket maximums. When limits are in place, you can find out how much has been used or met.

MYBLUE COMMUNITY®

Get health news, resources and tips from a forum of Blue Cross and Blue Shield members just like you. Submit questions anonymously and get feedback from other members with similar questions or interests.

WELLNESS CENTER POWERED BY WEBMD®

- **Wellness Assessment** — Evaluate your current health status, calculate your wellness score, and compare your results with others in your age group.
- **Trackers** — Monitor your progress. Whether your goal is to keep track of daily glucose levels, lower your blood pressure, or keep a regular exercise schedule, trackers are an easy way to chart your activity.
- **Search** — Find information on any health topic from A to Z. Get fast results from reliable, up-to-date sources.



The Wellmark mobile app goes with you.

Besides finding important information about your health plan benefits, the Wellmark mobile app can help you get the care you need, when you need it.

- **View doctors and hospitals** within the Wellmark health plan network.
- **Share doctor, dentist, or facility information** by text or email, or save to favorites for easy access in the future.
- **Get health answers** over the phone with one tap on the phone's screen.
- **Connect directly** to your provider's office or to a health professional.
- **Find the closest doctor or facility** using GPS technology.
- **View a map** or get driving directions to your doctor or hospital.
- **View and email** your mobile ID card for easy on-the-go access.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意 : 如果您说普通话 , 我们可免费为您提供语言协助服务。请拨打 800-524-9242 或 (听障专线 : 888-781-4262) 。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).

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M-20442 09/16 AN-T