



BlueCross BlueShield
of Illinois



GET TO KNOW THESE GAME CHANGERS: Resources to Boost Your Health & Budget



| October 17th, 2023

RR Donnelley Custom Website

Number one resource for
you.
Website is on the back of
your ID card.



www.bcbsil.com/rrd
Health Advocate 1-800-537-9765

Preauth is required before rendering services for IP, SNF admission, home health/infusion care, private duty nursing services, emergency medical or BH admission. Preauth may be required for OP services including, but not limited to, sleep study, radiology, cardiology and MSK. Check member benefits prior to rendering service.
Provider: File medical claims with your local BCBS Plan.

MDLive.com/bcbsil

Deductible Information
Family In Network \$7,000
Family Out of Network Met with In Network

Out of Pocket Maximum Information
Ind/Fam In Network \$6,900/\$13,800
Ind/Fam Out of Network Met with In Network

BlueCross BlueShield of Illinois, an independent licensee of the BlueCross BlueShield Association, provides claims processing only and assumes no financial risk for claims.

BlueCross BlueShield of Illinois

rrd COMMUNICATIONS ENABLED

Home Coverage and Benefits Doctors and Hospitals Health Advocacy Health and Wellbeing Tools and Services Contact Us Log In

Health Advocacy Solutions

You have access to a health advocate to help navigate your health care journey.

Learn more

Go Digital

Email and text options are easy ways to keep track of your health benefits information. You'll get quick access to your claims status, plan details, ways to save and more.

Update your preferences ↗

Find a Doctor or Hospital

Get access to a wide network of contracting doctors and hospitals, which may help you save money.

Learn more about a virtual visit

Find a doctor or hospital

Online Tools and Services

Blue Access for MembersSM is your online resource for managing your health care coverage. [Log in](#) to check your claim status, order a replacement ID card and much more.

Learn about other tools and services

<https://www.bcbsil.com/rrd>

Health Advocate
1-800-537-9765

Sign Up for Blue Access for MembersSM

BlueCross BlueShield of Illinois

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Find a Doctor

Get access to a doctors and hospitals to help you save money.

Learn more

Find a Doctor

Registration Form

Step 1 of 3

Please fill out your policy information.

Registering your account will only take a minute. To get started, have your Blue Cross and Blue Shield of Illinois (BCBSIL) ID card handy.

First Name

Last Name

Date of Birth

MM / DD / YYYY

Identification Number

Are You a Legal Guardian?

I am a Legal Guardian

Continue

Legal & Privacy · Non-Discrimination Notice

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Go to bcbsil.com/rrd and log in to Blue Access for Members via web or mobile

If you are a new user, click **Register Now** to sign up

To register you will need your identification number on the front of your ID card **OR** you can call the Customer Service number on the back of the card.

BlueCross BlueShield of Illinois

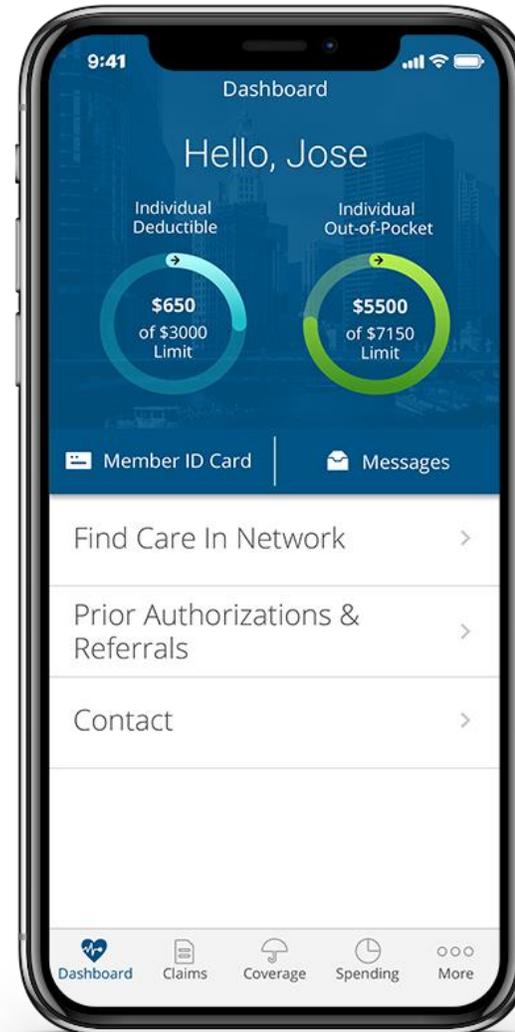
Subscriber Name:	Plan	PPO
JOHN DOE	Office Visit	\$20
Identification Number:	Specialty Copay	\$20
ABC1234 56789	Emergency	\$100
Group Number: 123456	Emergency	\$100
	BIN:	01234
	Benefit Plan:	H10PT

PPO R

1-800-537-9765* on back of ID CARD

BCBSIL App for Mobile Devices

- Find an in-network doctor, hospital or urgent care facility or search for Spanish-speaking doctors
- Access your claims, coverage and deductible information
- Access temporary digital member ID card
- Secure login with Face ID (iOS only) and Fingerprint ID
- **Let us know your contact information!**



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

*Message and data rates may apply.



Take the easy path to better health...

Your Health Advocate is your dedicated health care concierge.

Your Personal Health Advocate: One call that does it all

Whether you are concerned about:

- Your benefits
- Scheduling appointments
- Avoiding Penalties
- An illness or a new diagnosis
- Upcoming surgery
- Getting prior authorization for a service
- Saving money on health care

Your Health Advocate has answers.

**We're here for you 24/7, just call
1-800-537-9765 on back of ID CARD**

*In case of a medical emergency, call 911.

Your Personal Health Advocate! Contact Us



[Español](#)

[Language Assistance](#)

[Messages](#)

[PPO+](#)

[My Account](#)

[Dashboard](#)

[Claims](#)

[Coverage](#)

[Spending](#)

[Find C](#)

[My Health History](#)

[Profile and Preferences](#)

[Contact Us](#)

[Member ID Card](#)

[Forms and Documents](#)

[Logout](#)



Contact Us

Live Chat

Start a Live Chat session with a Health Advocate online.

Please Note: Live Chat window cannot open if you have popup blockers enabled on this site.

[Start Live Chat](#)

24 hours a day,
7 days a week.
Except major holidays.

Secure Message Center

Use the Message Center to contact us. When you provide us with your email address or phone number, we may store this information and use it to contact you so that we can answer your questions.

[View Message Center](#)

Nurse Health Advocate

Schedule a call with a Nurse Health Advocate.
After you submit the form, we will contact you to confirm your appointment time.

[Schedule Call](#)

Hours of Operation
Monday – Friday
8:00 a.m. – 6:00 p.m. CT

Blue Access for MembersSM Internet Help Desk

Well onTarget[®]

Empowering, engaging
and motivating members



**BlueCross BlueShield
of Illinois**

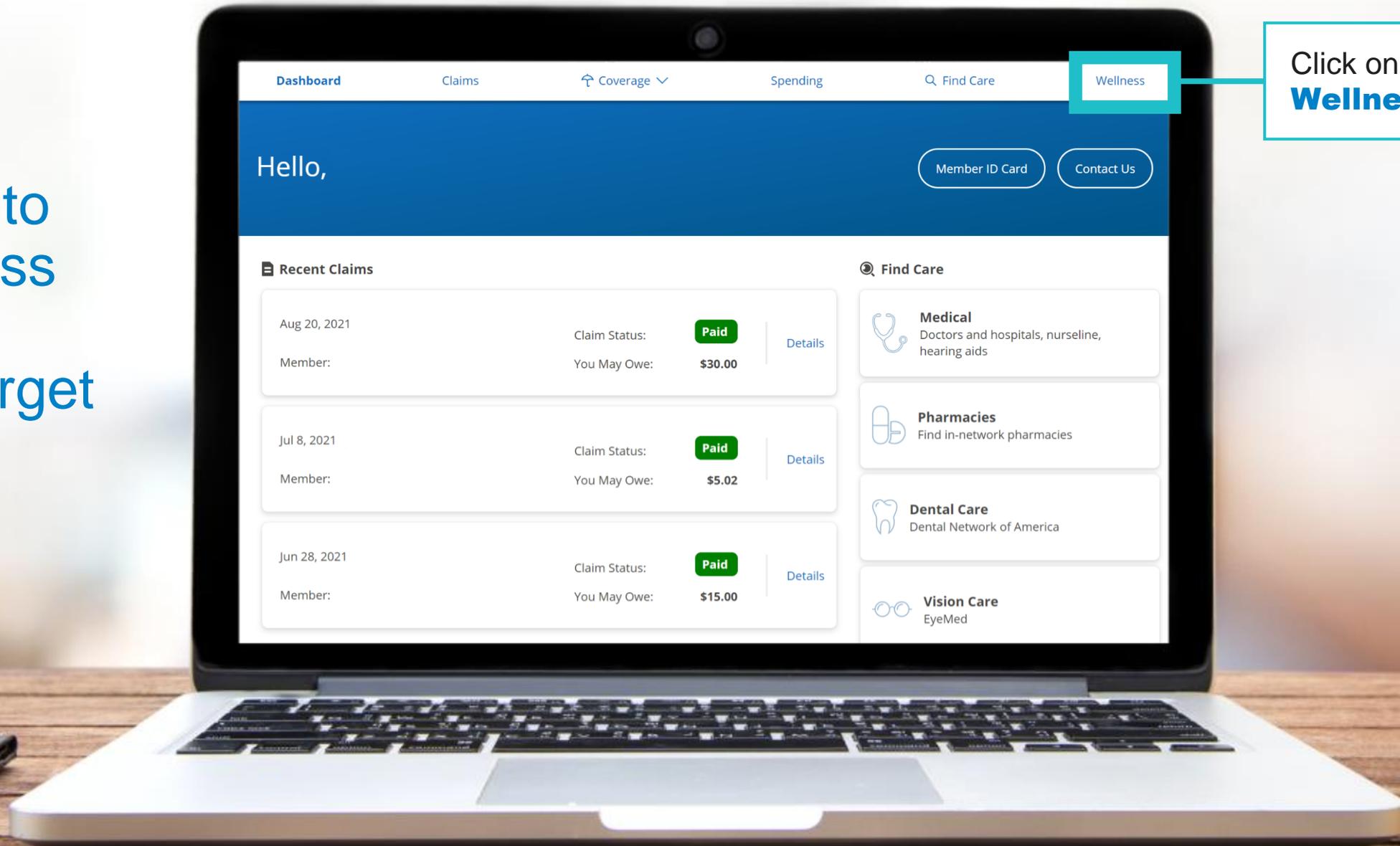
Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Blue Access for MembersSM

The screenshot shows the BlueCross BlueShield of Illinois website. At the top left is the logo with the text "BlueCross BlueShield of Illinois". At the top right is the "rrd" logo with "COMMUNICATIONS ENABLED" below it. A blue navigation bar contains a home icon, "Coverage and Benefits", "Doctors and Hospitals", "Health Advocacy", "Health and Wellbeing", "Tools and Services", "Contact Us", and "Log In" with a dropdown arrow. The main content area features a blue banner with the heading "Health Advocacy Solutions" and the text "You have access to a health advocate to help navigate your health care journey." Below this is a "Learn more" button. A large orange circle with the number "1" is overlaid on the right side of the banner. Below the banner are three white boxes: "Go Digital" (describing email and text options), "Find a Doctor or Hospital" (describing access to a network of providers), and "Online Tools and Services" (describing the online resource for managing health care coverage).

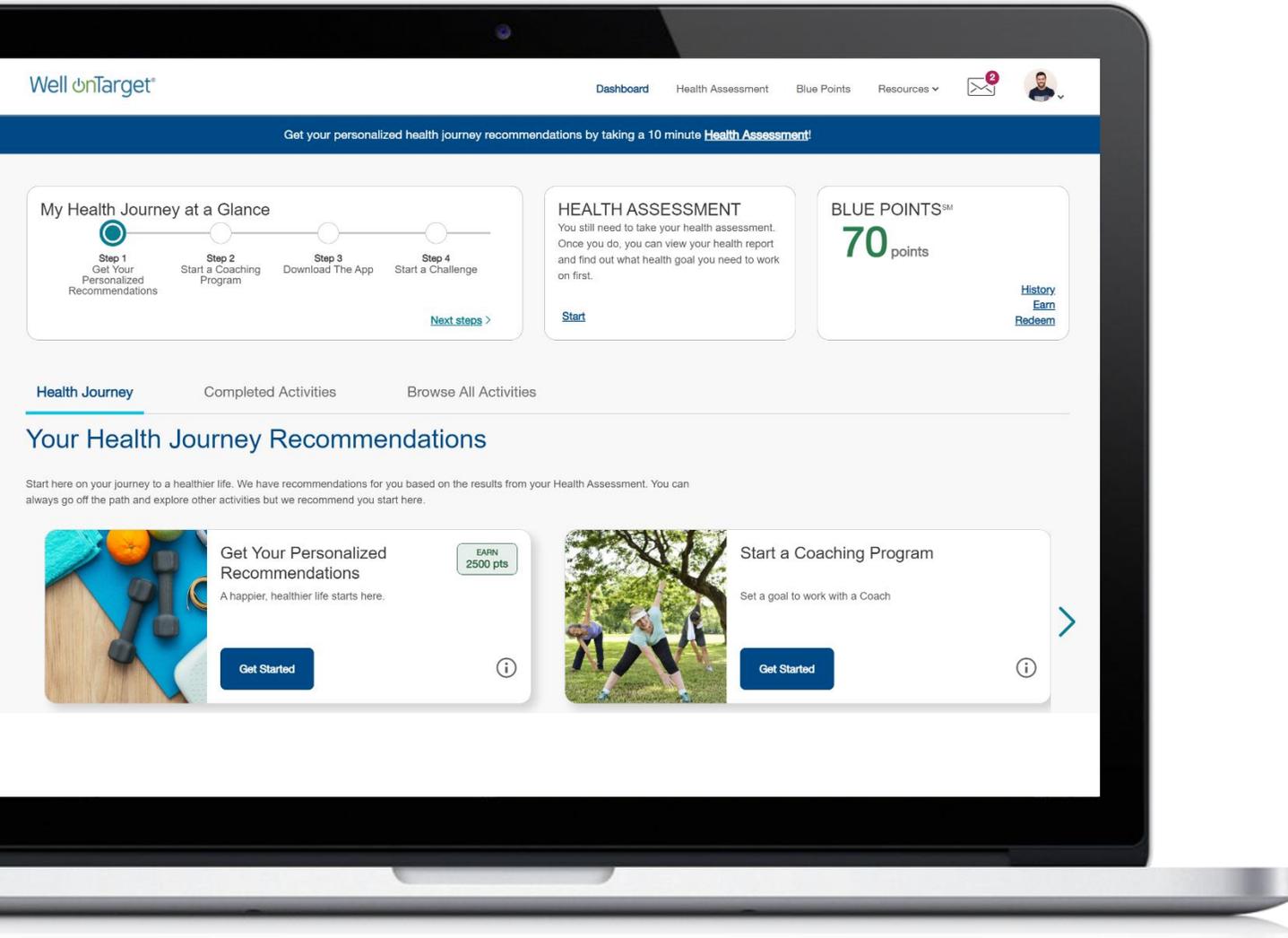
Go to bcbsil.com/rrd and log in or sign up for **Blue Access for Members (BAMSM)**

How to Access Well on Target



Click on the **Wellness** tab

Well onTarget® Member Portal



Portal Highlights

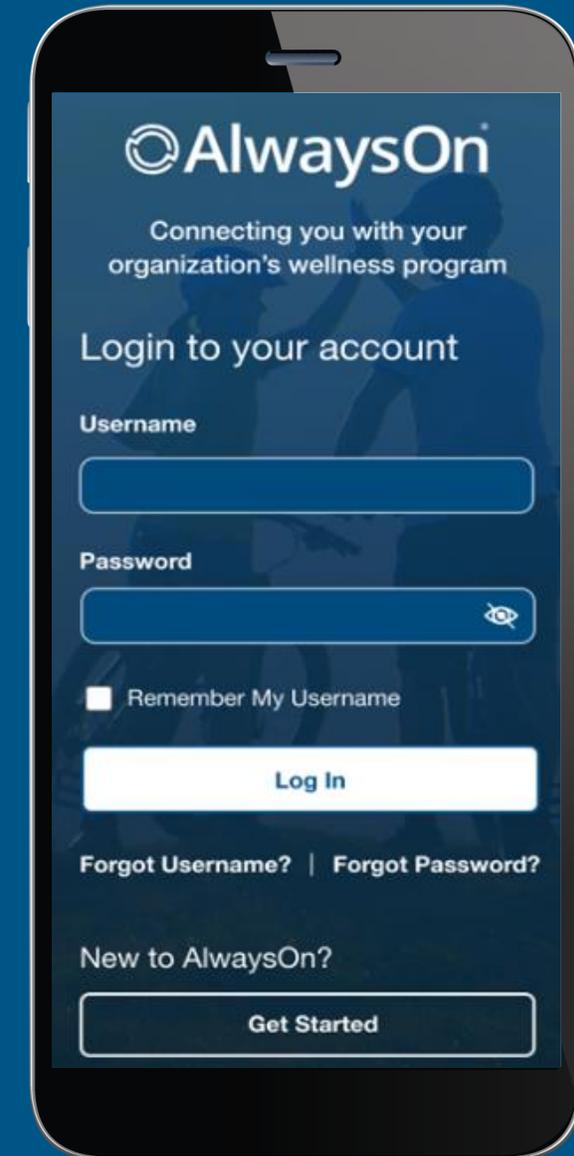
- Health Assessment
- Personalized “My Journey” member dashboard
- “Explore” wellbeing resources
- Digital self-management programs
- Coaching program
- Wellness Challenges
- Fitness and nutrition tracking and device integration
- Trackers and tools
- Health and wellness content
- Secured messaging
- Blue PointsSM rewards

Well onTarget® AlwaysOn Mobile App

Accessing the Mobile App



1. AlwaysOn® Wellness mobile app
2. Go to your app store and download the app
3. Once the download is complete, open the app and select **Get Started** under **New to AlwaysOn?**
4. Enter the requested information to create your account.
 - First Name, Last Name, DOB and Zip Code
 - Subscriber ID (do not include first 3 characters)
 - Group Number
5. Create username, password, and pin.



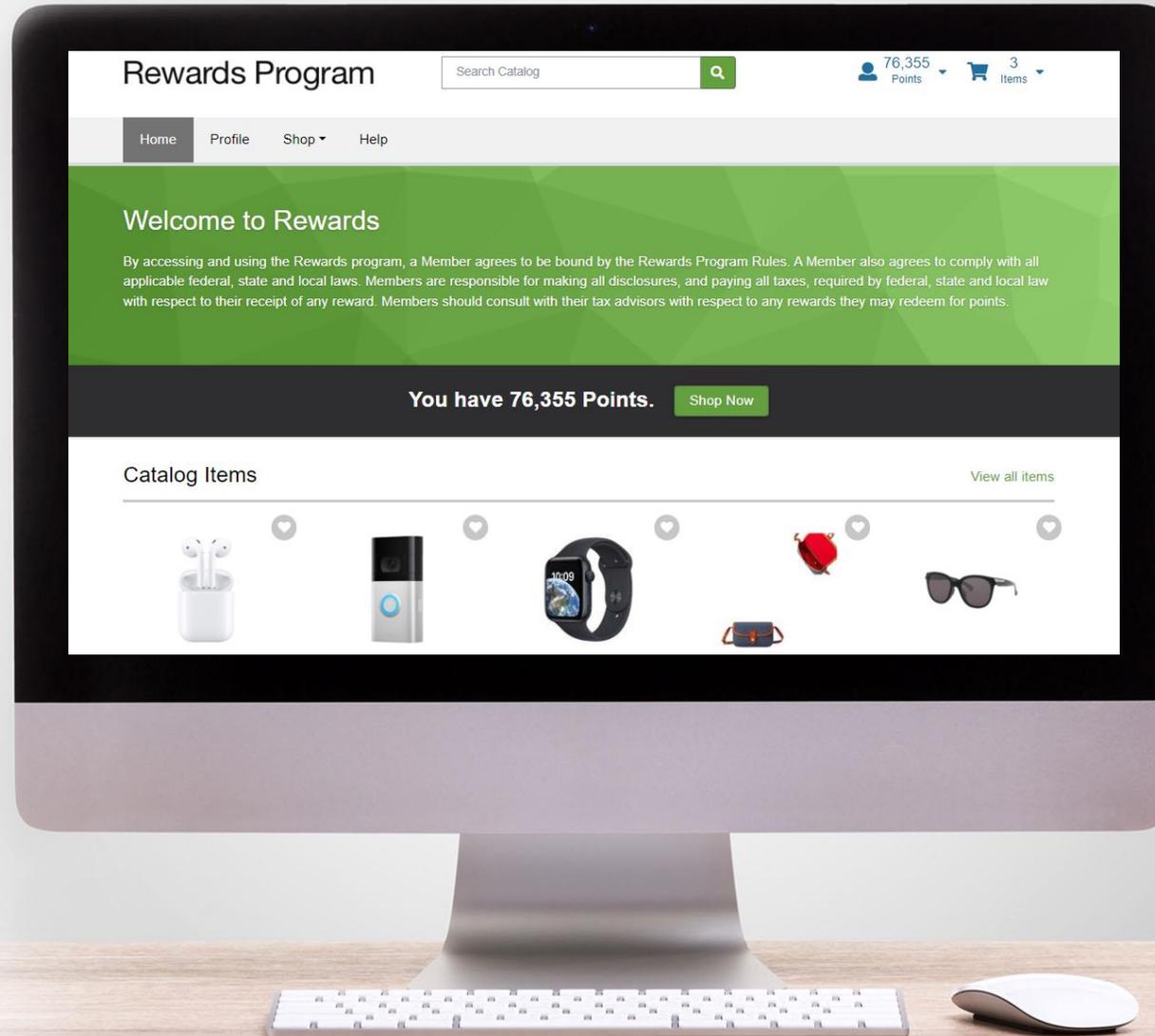
Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information

BUILT-IN Blue PointsSM

Offerings that earn points:

- Use of online trackers
- Connecting and syncing a fitness device or app
- Health Assessment completion
- Digital Self-management Program completion
- Fitness program visits

Redeem points in the online Shopping Mall with over a million products!



The Health Assessment

- Integrated within the portal
- Scientifically based branching logic for a personalized experience
- Drives engagement by recommending self-management programs after completion
- Personal wellness report with health improvement tips
- Can be completed in the mobile app
- Available in Spanish

Well onTarget®

Begin Your Health Assessment

Welcome, Timothy Español

Your personal health assessment is the starting point for your wellness journey, and your answers are the key to creating your personalized journey.

Get started now! It's ok if you can't answer all the questions; just answer what you can. You can always add more details later, either here or on your AlwaysOn® Wellness mobile app. Your answers will generate your Personal Wellness Report—a snapshot of your current condition—plus valuable information and specific action steps to help you work toward your goals. Based on your benefit plan, you may be eligible for wellness coaching and receive an outreach call offering you additional wellness support.

[Get Started Now!](#)

[I'll do this later](#)

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12:16

Review Health Assessment Exit

Snapshot Report

Here's what we know about you so far!

Diet

You Answered: **Needs lots of improvement**

Higher Risk: Needs lots of improvement | Lower Risk: Well-balanced

Tobacco Use

You Answered: **No tobacco**

Higher Risk: Uses tobacco | Lower Risk: No tobacco

Back Next

Well onTarget® | Health Assessment

Dashboard > Health Assessment

Overall Progress: 0%

Let's get started!

Here is what we know about you so far:

What is your date of birth?
07/03/1983

I am the:
Subscriber

If this information is not correct, please call [877-389-3651](tel:877-389-3651)

YOUR INFO

* Considering your age, how would you describe your overall physical health?

Excellent
 Good
 Fair
 Poor

Digital Self-Management Programs



INTERACTIVE

1. Enhancing Your Physical Activity
2. Managing Your Stress
3. Quitting Tobacco
4. Staying Tobacco Free
5. Achieving Your Healthy Weight
6. Maintaining Your Healthy Weight
7. Nutrition For Better Health
8. Improving Your Blood Pressure
9. Living With Diabetes
10. Improving Your Oral Health
11. Improving Your Sleep
12. Financially Fit

EDUCATIONAL

1. Improving Your Cholesterol
2. Preventive Health – Reducing Your Risks
3. Managing Your Metabolic Syndrome
4. Preventing Diabetes
5. Living with Asthma
6. Healthy Bones and Joints
7. Living With CHF
8. Living With COPD
9. Living With CAD

Healthy Pregnancy

10. Pre Pregnancy
11. First Trimester
12. Second Trimester
13. Third Trimester
14. Post Pregnancy

Interactive Health Coaching

All coaches go through extensive behavior change training to help members achieve their personal wellness goals



You have access to Coaching!

A coach can work with you to create a personalized plan and help make sure you stay on track to reach your goal. Take the next step by setting a goal today!

Get Started Now

Add a Goal

Manage Stress

Goal Specifics

You've chosen a stress management goal — That's great! In order to track your progress, we need just a little more information.

Let us capture your current status

Barely any or none
A little bit
Some
Quite a bit
A lot

Recommendations

Prolonged stress can lead to numerous health problems including physical, psychological and behavioral conditions. Implementing positive strategies for stress management is an important part of a healthy lifestyle.

Steps

1 — 2 — 3

Stress goal
No Stress

Achieve By
mm/dd/yyyy

Personalize your goal.

Cancel

Next



FITNESS PROGRAM

Provides members a flexible option to live a healthy lifestyle with multiple gym packages and access to digital fitness content.

More Flexibility

Multiple Plan Options

A choice of gym networks to fit your budget and preferences

Digital Content

Access thousands of digital fitness videos and live classes

Options	Digital Only	Base	Core	Power	Elite
Monthly Fee	\$10	\$19	\$29	\$39	\$99
Gym Facility Network Size	Digital Access Only	3,000	7,500	12,000	12,400
\$19 Initiation Fee (no initiation fee for Digital Only option)					

Studio Class Network

Includes boutique-style classes with pay-as-you-go option and 30% off every 10th class

Family Friendly

Expands gym network access to beneficiaries at bundled 12% price discount

Enhanced Functionality

Mobile App

Allows members to access location search, studio class registration, location check-in and activity history

Real-time Data

Provided to the mobile app and Well onTarget® portals, feeding Blue PointsSM



BlueCross BlueShield
of Illinois



THANK YOU!

Question and Answer via Chat