

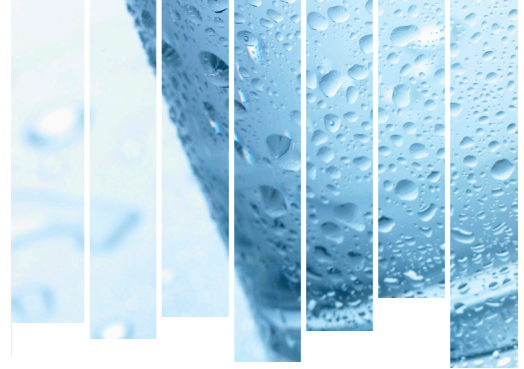


 
*my*BlueWellness

Let Blue Cross and Blue Shield of Alabama help you make some positive changes.

myBlueWellness

...at your service



Welcome to myBlueWellness – a suite of programs from Blue Cross and Blue Shield of Alabama created with your well-being in mind. Sign in today at **AlabamaBlue.com/myBlueWellness**.

CareReminders

When you log-in at **AlabamaBlue.com**, you will see your upcoming or overdue health services.

These online Care Reminders are also available on the Alabama Blue mobile app.

If you have questions about your Care Reminders, or need assistance scheduling an appointment, call a BlueCare Health Advocate today, at 1-888-759-2764.



Check out the Alabama Blue mobile app for 24/7 access to your benefits and claims, plus a Virtual ID Card & more!

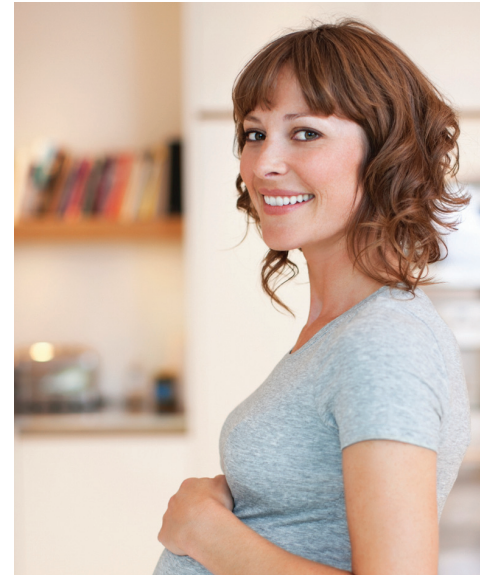
Baby Yourself® Maternity Management

The goal of this maternity program is to ensure expectant mothers and their babies receive the best possible healthcare during pregnancy. You can enroll once you learn you are pregnant. You'll receive telephone or e-mail support from an experienced registered nurse throughout your pregnancy.



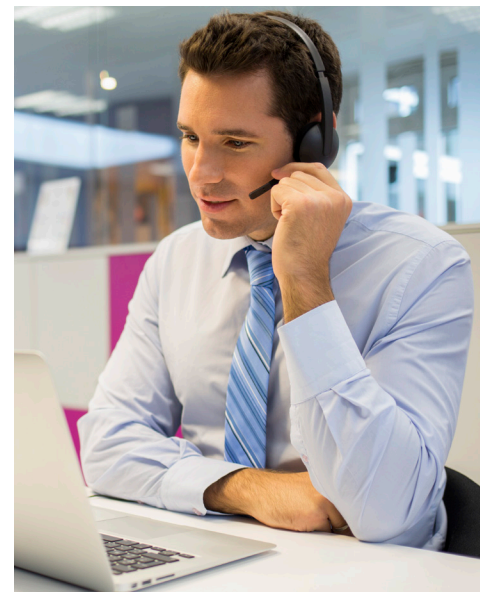
**The Baby Yourself app
for expectant families**

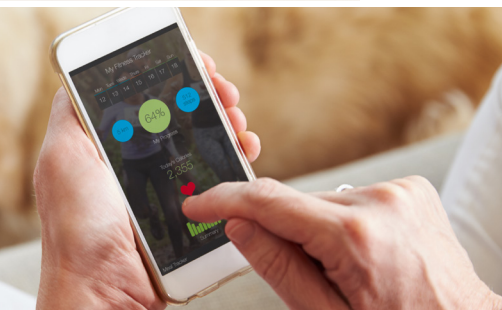
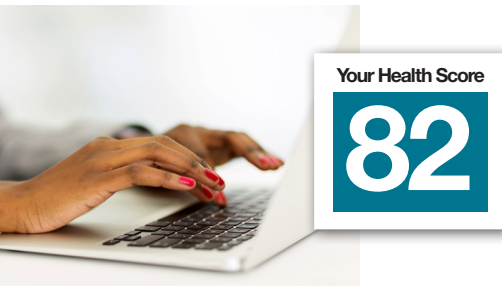
The Baby Yourself app provides additional information, trackers and easy access to your nurse through one-button dialing. Once your baby arrives, the Lactation Program provides encouragement, support and information designed to improve the well-being of infants and their families. Call 1-800-222-4379 to enroll.



Chronic Condition Management

Chronic Condition Management incorporates a holistic, personalized approach to managing your healthcare. This telephone-based program assists members with Asthma, Coronary Artery Disease, COPD, Diabetes and Heart Failure. The main goal is to help you stay healthy. Talk to a Chronic Condition Management health professional at 1-888-841-5741.





Wellness Tools: POWERED BY WebMD®

At AlabamaBlue.com/mybluwellness, you can access up-to-date information about illnesses, conditions and the latest health news. You also get access to Symptom Checker, calculators, assessments, videos, recipes, apps, and you can personalize the site to fit your needs – all powered by WebMD.

HealthQuotient®

After taking the HealthQuotient, an online health assessment, you'll get an immediate, personalized report showing an overview of your current health status and ways to reduce health risks.

My Health Assistant Programs

These web-based health courses offer step-by-step assistance to help you change unhealthy behaviors and make better choices. Areas of focus include nutrition, exercise, weight management, tobacco cessation, emotional health and stress management.

Personal Health Record

The Personal Health Record allows you to keep your health information in one secure, central location. Information can be entered manually, and automatically added from two years of processed claims. Health Trackers allow you to chart your personal health measurements over time.

Device Integration

You can connect your FitBit®, Jawbone® and 100+ other devices and apps to your Personal Health Record and its trackers. Your data is integrated into many Blue Cross solutions, including Personal Health Record and My Health Assistant.

Statement of Nondiscrimination

Blue Cross and Blue Shield of Alabama complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Foreign Language Assistance

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-216-3144 (TTY: 711)

Chinese: 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-216-3144 (TTY: 711)。



**BlueCross BlueShield
of Alabama**

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