

< BLUE ADVANTAGE > BULLETIN

MEDICARE MADE EASY

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SAVE TIME AND MONEY FILLING YOUR PRESCRIPTION

< Blue Advantage makes it easy to get your medication conveniently AND affordably, with options that fit your schedule and help you save money. >

Mail-order delivery

With Express Scripts Pharmacy, you can have most medication delivered right to your door. There's no charge for standard shipping, and you may pay less for drugs on Tiers* 1 through 3.

Auto fill

You can now select to auto fill your medication through Express Scripts mail-order delivery. This means you'll never forget to refill your medication.

Three-month supply

You can get a three-month supply of most drugs, like those used to treat high blood pressure, diabetes or high cholesterol. It's an easy way to always have your medication on hand, plus you might save some money.

Local network pharmacies

If you'd rather visit the pharmacy in person, there's a large network of retail pharmacies for you to choose from. You can also get a three-month supply of most medication at your network retail pharmacy.

**Prescription drug tiers do not apply to Dual Plus plan members.*

NEED HELP UNDERSTANDING YOUR PHARMACY BENEFITS?

< Our local Customer Service representatives are only a phone call away and ready to help. Just call the number on the back of your member ID card. You can also learn more by visiting bcbsla.com/blueadvantage and clicking **Member** in the top right corner, then **Member Pharmacy**. >

< *Express Scripts is an independent company that serves as the pharmacy benefit manager for Blue Cross and Blue Shield of Louisiana.* >



MAKE THE MOST OF YOUR FLEX CARD BENEFITS

We want to make purchasing approved products on your Flex Card as easy as possible for you. Did you know that you can enjoy the convenience of using your card at approved retailers for your prescription hearing aids, eyewear and over-the-counter health-related product purchases? For more information on using your Flex Card, visit bcbsla.com/blueadvantage and click **Member** or give us a call at **1-833-952-2772 (TTY 711)**, Monday - Friday from 7 a.m. to 7 p.m. >

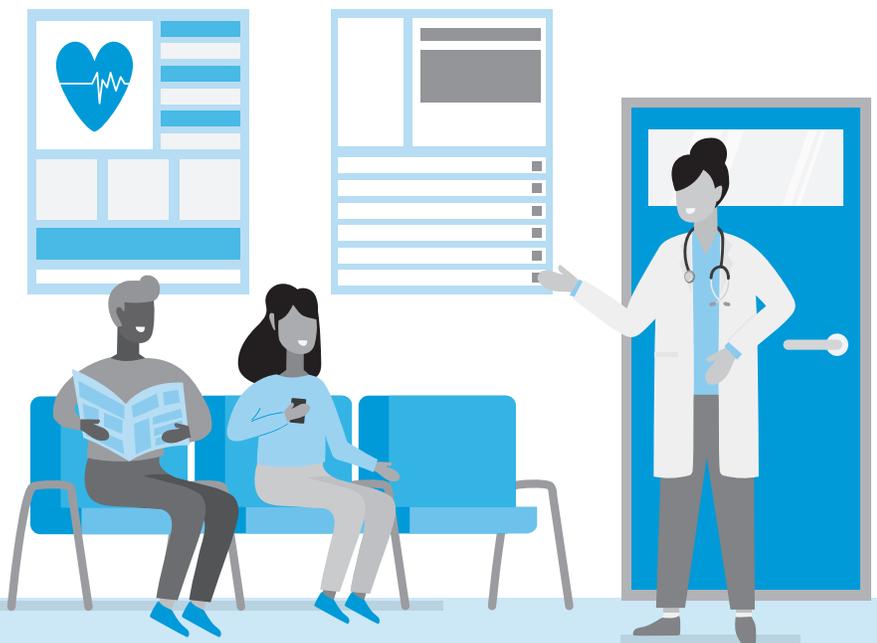


PRO TIPS FOR GETTING CARE QUICKLY AND GETTING BACK TO YOUR LIFE

No one plans to get sick or injured, but you can make the experience a little less painful by following these tips to get you back in the swing of things as quickly as possible. No matter where you seek care, follow these tips to save time and get the most out of your visit.

Primary Care Provider (PCP) or Specialist

- Ask what times are less busy and try to schedule your appointment then. You may have a shorter wait time earlier in the day before things start backing up.
- Bring a list of questions with you so you don't forget to ask
- If you have tests done, ask if you can get your results online



Online Doctor Visits

- With BlueCare, you don't even need to leave your house. Talk about saving time!
 - You can have a primary care visit online 24/7 with a computer, smartphone, tablet or any device with Internet and a camera
- < Visit BlueCareLA.com to learn more >

Urgent Care

- Call ahead or check online to see if you can make an appointment
- Take a list of your current medications with you and be ready to discuss your current medical conditions and any recent medical procedures

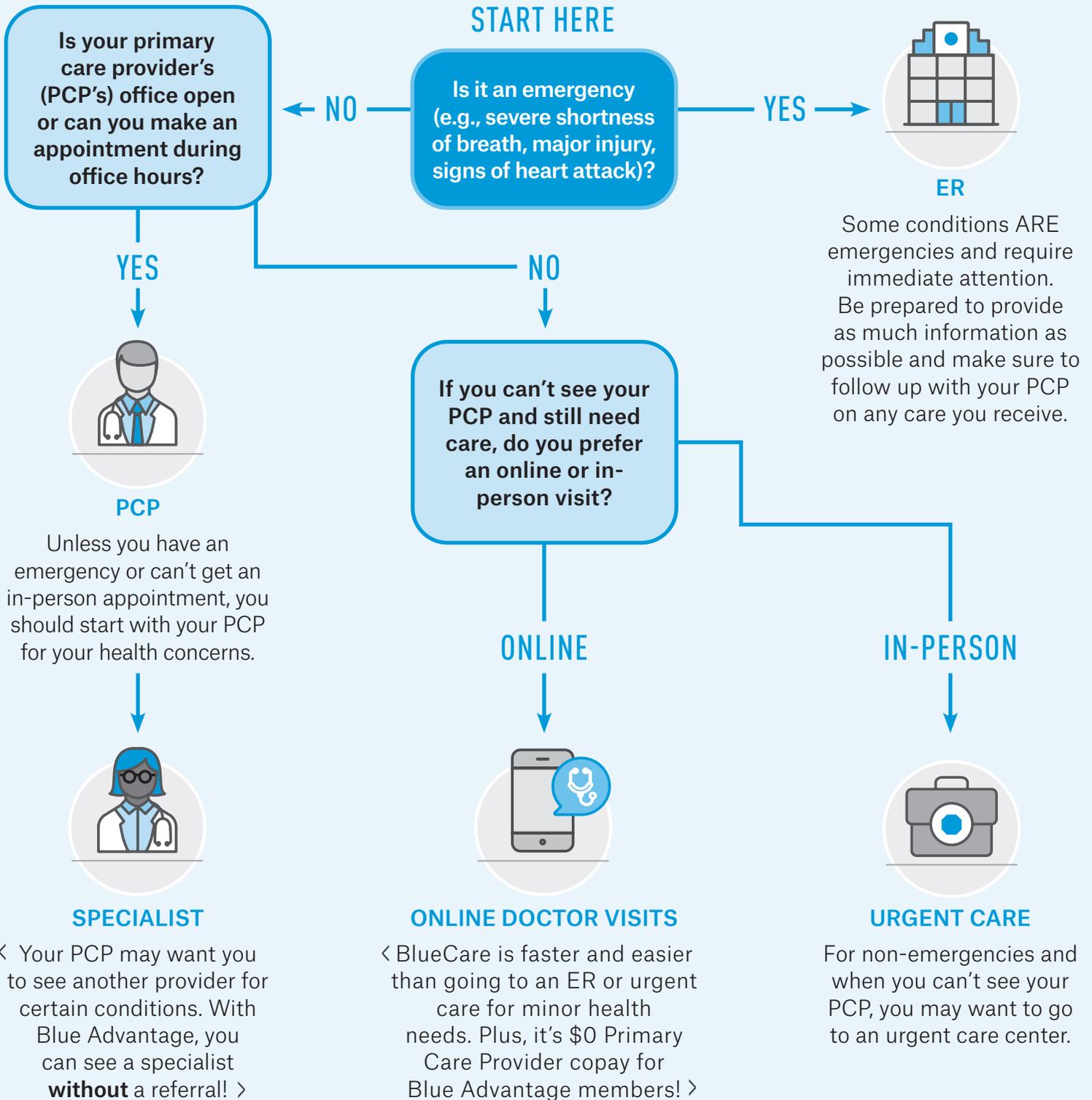
Emergency Room

- Expect a longer wait time than you would have at either your PCP's office or an urgent care center
- Be prepared to provide as much information as you can about your medical condition, medications and allergies
- If you have tests done, ask for copies of the test results and if they will be sent to your PCP
- Make sure to follow up with your PCP on any treatment you receive. To manage your care, your PCP needs to stay informed of any recent health changes.

GETTING CARE QUICKLY

Feeling sick and not sure where to get care? Injured and wondering if you should go to urgent care or the emergency room? Use this handy guide to help you find the **right care** at the **right time**, while **saving time and money**.

This guide can help you determine where to get care when you need it, but you should always use your best judgment based on your symptoms. If you are having a medical emergency, seek care immediately.



<  Louisiana | Blue adVantage (HMO) | Blue adVantage (PPO) >

< P. O. BOX 98020 • BATON ROUGE, LA 70898-9020 >



<First Name> <Last Name>
<Address>
<City, State Zip>

< Important Blue Advantage information >



We are committed to caring for you through open communication, which is why you may occasionally receive a survey about your experience with Blue Advantage. Your feedback is very important to us and helps us better serve you. If you receive a survey, please complete it so that we can continue to improve our service.

Medicare has neither reviewed nor endorsed this information.