

BLUE ADVANTAGE BULLETIN

MEDICARE MADE EASY

2021

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DON'T PUT OFF GETTING THE CARE YOU NEED

While the pandemic has caused us to make changes in our lives, one thing shouldn't change. You still need to stay on top of your routine care to stay healthy. That means keeping in touch with your primary care provider, especially when you're 60 or older or have long-term conditions like diabetes or high blood pressure.

You should continue to reach out to your primary care provider and any specialists you see regularly to schedule an appointment. Online visits may be an option, but if you need services that can't be handled remotely, like lab work or testing, you may need to go to the office. Your healthcare providers have taken steps to keep you safe, which could mean that your wait time might be a little longer or appointment times might be limited.

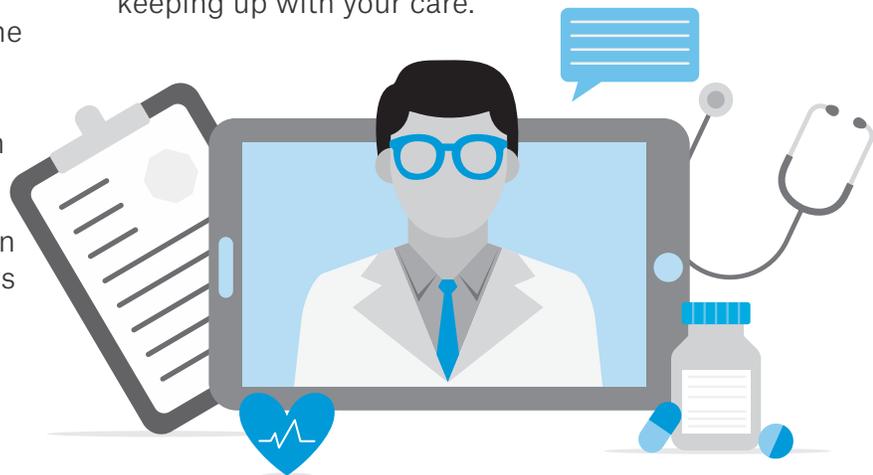
Your Blue Advantage plan also comes with online medical and behavioral health visits through BlueCare, which lets you have visits from your computer, smartphone, tablet or any device with internet and a camera.

BlueCare medical visits have a \$0 copay and can be used 24/7 for minor, non-emergency illnesses such as fever, flu symptoms, cold or cough, and sinus infections.

With BlueCare for behavioral health, you can schedule a visit with a psychology or psychiatry provider for a \$40 copay to discuss depression, grief, stress, life transitions and more.

Creating an account is easy. Just go to www.BlueCareLA.com or download the BlueCare (one word) app from the Apple Store or Google Play for iOS or Android tablets or smartphones. To connect to BlueCare, create a login ID and password. Be sure to enter your Blue Advantage information, including the **ZERODOLLAR** service key (this will make sure you get your \$0 copay medical visit), to be sure your benefits are applied correctly.

No matter how you get your care, it's important not to put it off, especially when you have long-term conditions. Don't hesitate to call us at the Customer Service number on the back of your ID card if you have any questions about how to stay safe while keeping up with your care.





Louisiana

Blue Advantage (HMO) | Blue Advantage (PPO)

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Important Blue Advantage information

GET REWARDED FOR A HEALTHY NEW YEAR

What better way to start a new year than by getting rewarded for getting healthy? As a Blue Advantage member, you can earn gift cards just for completing health actions.

By signing up for the Member Rewards Program, you can earn up to \$50 in gift card rewards for the first two health actions you complete.

Here's a list of activities that qualify for rewards:

- Annual Wellness Visit - \$25
- Breast Cancer Screening - \$25
- Colorectal Cancer Screening - \$25
- Annual Flu Vaccine - \$25
- Diabetic Retinal Exam - \$25

Complete an activity and choose a digital or physical gift card from a variety of national and local retailers.

Plus, the program includes helpful tools and resources for health conditions and healthy lifestyle support, including a doctor checklist and educational library. You can use features of the program on the web or through the convenience of a mobile app.

To sign up, go to bcbsla.healthmine.com/Rewards. You will need your Blue Advantage member ID card, date of birth and email address.

Once registered, you will receive an email letting you know that your account has been set up.

You can also call **1-800-220-1504** to begin the set-up process for your account. TTY users should call **1-800-283-9290**.

