

# Live life to the fullest with confidence

As a Capital BlueCross customer, you are protected with a card most accepted by doctors and hospitals, and by a name trusted for 80 years.



Capital BLUE 



[capbluecross.com](https://www.capbluecross.com) | [capitalbluestore.com](https://www.capitalbluestore.com)

The programs discussed in this document are not a substitute for services performed by your health care providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross believes these programs provide useful information but does not assume any liability associated with their use.

Capital Blue is brought to you by Capital BlueCross, serving 21 counties in central Pennsylvania and the Lehigh Valley.

Health care benefit programs issued or administered by Capital BlueCross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company® and Keystone Health Plan® Central. Independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.

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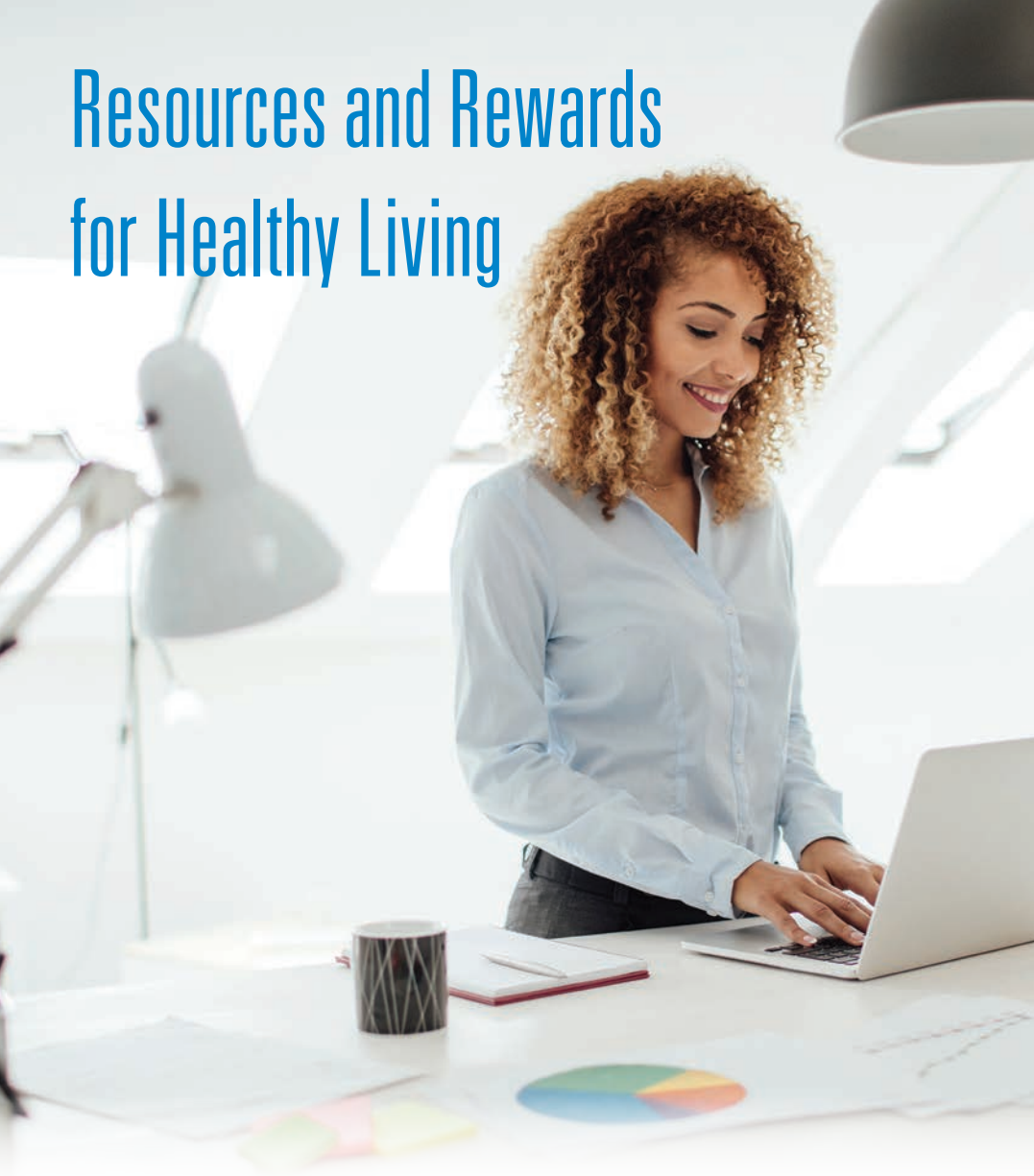
# MORE THAN HEALTH INSURANCE



Capital BLUE 

Capital BlueCross is an Independent Licensee of the BlueCross BlueShield Association

# Resources and Rewards for Healthy Living



Healthy living starts at [capbluecross.com](https://www.capbluecross.com)

## Secure Member Account

At [capbluecross.com](https://www.capbluecross.com), you can find all of the information you need to manage your plan by registering for or logging in to your secure member account. There you will find programs to help you live healthy and access tools that can help you make smart health care decisions.

## Online Health Coaching

- Choose from a variety of free, interactive programs
- Set goals and receive ongoing support for better results
- Make lasting behavioral changes

## Health Assessment

- Free, confidential, and online
- Annual updates to help track progress
- Customized recommendations for a variety of needs, including weight management and tobacco cessation

# Convenience and Savings Online

Health care tools and resources provide greater convenience, more choice, and opportunities to save money.

## Telehealth\*

Turn any place into a doctor's office. See a doctor anytime, anywhere, by live video using a smartphone, tablet, or computer.

Sign up by downloading the free Amwell app from your favorite app store, visiting [amwell.com](https://www.amwell.com), or calling **855.818.DOCS**. Use service key **CAPITALBLUE**.

## Blue365®

Exclusive health and wellness deals to help keep you healthy every day of the year.

Register now at [blue365deals.com](https://www.blue365deals.com).

## Search & Save Center

Find doctors, compare costs, and start saving with this go-to resource for health care decisions.

Log in to your secure member account at [capbluecross.com](https://www.capbluecross.com) to access our Search & Save Center.

## Capital BlueCross Loop

Get tips on how to save money and live healthy sent right to your mobile device†.

It's easy to enroll! Call **855.939.5426** or text [capbluecross](https://www.capbluecross.com) to **73529**.

\* If offered through your plan

† The Capital BlueCross Loop is not available to all members. Please check with your employer or review your benefit plan booklet to verify that the Capital BlueCross Loop is included in your program.

On behalf of Capital BlueCross, American Well® Corp (Amwell) provides this online health care tool. American Well is an independent company.

The Blue365® program is brought to you by the BlueCross BlueShield Association. The BlueCross BlueShield Association is an association of independent, locally operated BlueCross and/or BlueShield Companies. Blue 365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital BlueCross and its family of companies, its contracts with Medicare, or any other applicable federal health care program.

By signing up for the Capital BlueCross Loop, I authorize Capital BlueCross, its affiliates, subsidiaries and/or agents to text me for informational, transactional (e.g., billing), or marketing purposes including, without limitation, texts sent using an automatic dialing system. I understand that the provision of my phone number is not a condition of purchasing any goods or services, and I may opt out at any time. Message and data rates may apply. Please check with your wireless provider.



# Special Support Programs

Customers living with complex medical needs or chronic health issues receive free support from Capital BlueCross' specially trained professionals.

## Case Management Programs

- Available to customers with complex medical needs to help them make informed choices, manage care, and maintain their quality of life
- Support from a case manager—a specially trained nurse—who works with patients and their doctors to help them understand the diagnosis, care options, and treatment plan
- Assistance to identify medical, family, and community resources

## Condition Management Programs

- Support for customers managing asthma, coronary artery disease, depression, diabetes, and heart failure
- Personalized one-on-one phone support and education

## Precious Baby Prints®

- Support during pregnancy, delivery, and follow-up care
- Educational materials and advice for expecting mothers

## Healthy Rewards‡

Taking small steps can go a long way to helping you live healthy.

- Earn rewards for healthy behaviors
- Easy activities that can help improve health

# Personalized Health Guidance

## Care Guides at Capital Blue

Meet for free with a health professional at a Capital Blue health and wellness center in Enola or Center Valley, Pennsylvania.

- Personal wellness plan development
- Health screenings and health risk assessments
- Planning for medical procedures and surgery
- Nutrition and fitness guidance
- Help finding a doctor

## Nurse Line — 800.452.BLUE (TTY: 711)

Speak or chat with a registered nurse.

- Available 24/7 at no charge
- Advice for any health concern

‡ If offered through your plan

Nurse Line is not intended to be a substitute for services or advice received from your health care Providers who are the only ones that can diagnose or treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this service to be useful for general information or support but do not assume any liability associated with its use.