

6 TIPS FOR SAVING TIME & MONEY

Get the most value from your health plan



TIP 1

Choose a personal doctor.

Whether your plan requires it or not, choosing a personal doctor will help coordinate your care and ensure your health is the best it can be. Personal doctors are categorized as primary care providers, which are generally less expensive than specialists or a trip to the emergency room. Your personal doctor knows you and your medical history. This helps him or her diagnose and treat you in a more knowledgeable way.

Not sure which doctor to choose? Register or log in to myWellmark.com and select Find Care to research and choose the right health care providers for you and your family.



TIP 2

Use the mail order pharmacy for medications you take regularly.

Who doesn't want a little more convenience in their life? With CVS Caremark® Mail Order Pharmacy services, you can avoid trips and waiting in line at the pharmacy every time you fill your 90-day prescriptions through the mail!

To set up mail service, log in to myWellmark.com, select Find a Pharmacy and register for Caremark.com. Or, let CVS Caremark walk you through registration by calling 866-611-5961.



TIP 3

Take your medicine.

Taking your prescriptions in the right dose and at the right time is critical to your health. Doing so keeps your health conditions manageable and may help eliminate more costly care.

To help you remember when to take your medications, set an alarm on your watch, mobile phone or in your email calendar.





TIP 4

Get regular preventive care.

It's always better to take care of a health condition early, before it becomes more serious. That's why your preventive care visits are so important. They give your personal doctor an opportunity to discover changes in your health that you may not recognize on a daily basis.

A typical checkup will include:

- a physical exam
- a discussion of your health concerns and questions; and
- routine screenings and tests.

For more information on preventive care and the types of preventive services available at no out-of-pocket cost to you, search "preventive care" on Wellmark.com/Blue.



Save money by logging in to myWellmark® at myWellmark.com and find out which services are covered without any additional out-of-pocket costs.



TIP 5

Call BeWell 24/7SM for real help from real people 24/7.

When you call BeWell 24/7 at 844-84-BeWell, you'll be connected with a real person who can help you with a variety of health-related concerns. For example:

- Locate health care providers and facilities — whether you're at home or traveling.
- Estimate your costs for common medical procedures and services.
- Coordinate health care appointments, in-home health help and record retrieval.
- Discuss treatment options and answer your health and wellness questions.
- Make arrangements for community-based services you or a family member needs like in-home safety modifications, meals, medical equipment, transportation and more.

BeWell 24/7. It's real help from real people around the clock. Exclusively for Wellmark Blue Cross and Blue Shield members.



TIP 6

Keep track of your care.

A great way to get started with managing your health care is to do an inventory of the care you and your family have received. Access doctors' names and contact information, medications and the last time you had your preventive care visit by using the Wellmark mobile app or logging in to myWellmark.com.

With our online and mobile tools you can:

- **Check your claims history.** You'll find all your doctor visits and prescription drug claims on myWellmark or on the Wellmark mobile app.
- **Get exclusive access to the Wellmark Wellness Center** powered by WebMD® when you log in to myWellmark. The wellness center helps you monitor your health and wellness goals with trackers and support programs.
- **Use the Find Care tool on myWellmark.com** to find your doctor's contact information and even determine how much a visit will cost you before you step into the office.

Having this information on hand is helpful when you visit the doctor or in the event of an urgent care situation.



Not registered for myWellmark?

That's OK! All you need is a few minutes and an email address. Simply visit myWellmark.com today to get started.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

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