

# Find what you need at Blue Access for Members<sup>SM</sup> (BAM)

The screenshot displays the Blue Access for Members (BAM) website interface. At the top, the user is identified as Jose Martinez, with options for Message Center, Settings, and Log Out. The Blue Cross BlueShield of Texas logo is visible. A navigation bar includes Home, My Coverage, Claims Center, My Health, Doctors & Hospitals, and Forms & Documents. The main content area is divided into three sections: Message Center (showing 4 new messages), My Coverage (displaying plan details like PPO+ and Group Number P1234), and Quick Links (with options like My Blue Community and Get a Temporary ID Card).

- 1. My Coverage:** Review benefit details for you and the family members covered under your plan.
- 2. Claims Center:** View and organize details such as payments, dates of service, provider names, claims status and more.
- 3. My Health:** Make more informed health care decisions by reading about health and wellness topics and researching specific conditions.
- 4. Doctors & Hospitals:** Use Provider Finder<sup>®</sup> to locate a network doctor, hospital or other health care provider, and get driving directions.
- 5. Forms & Documents:** Use the form finder to get medical, dental, pharmacy and other forms quickly and easily.
- 6. Message Center:** Learn about updates to your benefit plan, and receive notification of pending and finalized claims via secure messaging.
- 7. Quick Links:** Go directly to some of the most popular pages for information, such as medical coverage, replacement ID cards, manage preferences and more.
- 8. Settings:** Set up notifications and alerts to receive updates via text messaging and email, review your member information, and change your secure password at anytime.
- 9. Help:** Look up definitions of health insurance terms, get answers to frequently asked questions and find Health Care School articles and videos.
- 10. Contact Us:** Submit a question and a Customer Service Advocate will respond by phone or through the message center.

# Log in to Blue Access for Members<sup>SM</sup> (BAM)

## Your Online Resource

Would you like to know when your medical claims are paid and the payment amounts? Do you need to confirm who in your family is included under your coverage? BAM, the secure member portal from Blue Cross and Blue Shield of Texas (BCBSTX), can help. Get immediate online access to health and wellness information, and:

- Check the status of a claim and your claims history
- Confirm the family members who are covered under your plan
- View and print an Explanation of Benefits (EOB) statement for a claim
- Select an option to stop receiving EOBs by mail
- Set your preferences to receive notifications for claims status and wellness updates through emails or text alerts.
- Locate a doctor or hospital in the network
- Request a new or replacement member ID card or print a temporary member ID card
- Join My Blue Community®, a social network for BAM members

## It's easy to get started

1. Go to [bcbstx.com](http://bcbstx.com).
2. Click the *Already a Member?* tab. Then click the *Register Now* button in the BAM section.
3. Use the information on your BCBSTX ID card to complete the registration process.



*Use BAM while you're on the go. Register or log in by going to [bcbstx.com](http://bcbstx.com) from your mobile device Web browser for secure and convenient access.*

# Well onTarget<sup>SM</sup>

## a New Way to Experience Wellness



Wellness is more than healthy eating and working out. It involves making healthy choices that enrich your mind, body and spirit. Well onTarget is designed to give you the support you need to make these choices. All while rewarding you for your hard work.

Service mark of Health Care Service Corporation, a Mutual Legal Reserve Company

OnLife Health is an independent company and provides wellness services for Blue Cross and Blue Shield of Illinois, Blue Cross and Blue Shield of New Mexico, Blue Cross and Blue Shield of Oklahoma and Blue Cross and Blue Shield of Texas.

\* onmyway is registered mark of OnLife Health.

Healthways, Inc. is an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

All trademarks and service marks are property of their respective owners.

Well onTarget offers personalized tools and resources to help all members—no matter where you may be on the path to health and wellness.

### Liveon Member Wellness Portal

The heart of Well onTarget is the Liveon portal. It uses the latest technology to offer you an enhanced online experience. This engaging portal links you to a suite of innovative programs and tools.

- **onmytime Self-directed Courses**

Online courses let you work at your own pace to reach your health goals. Learn more on nutrition, fitness, weight management, tobacco cessation and stress. Track your progress as you make your way through each lesson. Reach your milestones and earn Life Points.

- **Health and Wellness Content**

Health library teaches and empowers through evidence-based, user-friendly articles.

- **Tools and Trackers**

Interactive tools help keep you on course while making wellness fun. Use food and workout diaries, health calculators and medical and lifestyle trackers.

### onmyway<sup>TM</sup>\* Health Assessment (HA)

The HA features adaptable questions to learn more about you. After you take the HA, you will get a personal wellness report. The confidential record offers tips for living your healthiest life. Your answers will be used to tailor the Liveon portal with the programs that can help you reach your goals.

### Life Points Program

Life Points will help motivate you to maintain a healthy lifestyle. Earn points by taking part in wellness activities. Points can be redeemed in the new online shopping mall. Real-time granting of points lets you instantly use your points. To earn a larger reward, you can add to your point total at checkout.

### Fitness Program

Fitness can be easy, fun and affordable. The Fitness Program is a flexible membership program that gives you unlimited access to a nationwide network of fitness centers. With more than 8,000 participating gyms on hand, you can work out at any place or at any time. Choose a gym close to home and one near your office. Other program perks are:

- No long-term contract required. Membership is month to month. Monthly fees are \$25 per month per member, with a one-time enrollment fee of \$25.
- Automatic withdrawal of monthly fee.
- Online tools for locating gyms and tracking visits.
- Earn bonus Life Points for joining the Fitness Program. Rack up more points with weekly visits.

Sign up today! Call toll-free at 888-762-BLUE (2583), Monday through Friday, 8 a.m. – 9 p.m. in any continental U.S. time zone.