

Getting the most from your health plan

Wellmark Blue Cross and Blue Shield members have access to free tools and resources. They're all designed to help you manage your health care costs and live a healthier life.



myWellmark®

myWellmark is your resource for understanding and seeing how your health plan works. Not only can you access your benefits and see how your plan covered your medical and pharmacy needs, you can also find:

- Pending and processed claims
- Specific plan details
- Access to ID cards and Explanation of Benefits
- In-network care and cost estimates
- Mental health resources



Wellmark Connect powered by WebMD®

The Wellmark Connect platform helps you reach your well-being goals with personalized content on mental health, nutrition, exercise and more. Get the latest health news, video content and health tools you can use. You can easily access Wellmark Connect through [myWellmark.com](https://mywellmark.com) or via the Wellmark mobile app.



Doctor On Demand®

Connect with a health care professional virtually to be seen in minutes for 90 percent of all ER complaints — common colds to uncommon rashes. Connect whenever and wherever you're comfortable.



BeWell 24/7®

Get connected to a real person 24 hours a day, 7 days a week at **844-84-BeWell** (844-842-3935) for answers to your health questions or concerns. Whether it's determining if a fever warrants a doctor visit, discussing surgery options or other health concerns, BeWell 24/7 saves you time and worry.



Identity protection services

With IDX™ Identity, your personal information remains secure with services including credit record monitoring, 24/7 tracking of suspicious activity and accessing complete identity recovery if fraudulent activity is found.



Blue365® Program

This program gives you exclusive access to discounts and resources that help you live a healthier lifestyle at Wellmark.com/Blue365.



Health Services — Case Management

Our team of nurses, doctors and social workers provide free support for a variety of medical and behavioral health conditions — even complex conditions like cancer, transplants, pregnancy and more. We offer education, coordinate care and collaborate with your provider to help achieve your health care goals. We're here to make things easier for you and your family.



BlueSM

Each issue of Blue features health and wellness articles, consumer tips and health plan news. It provides resources on living a fulfilling and healthy life. Find it online at Wellmark.com/Blue.



For more information on these added benefits or for answers to questions, call customer service at the number on the back of your Wellmark ID card.



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