

You've been diagnosed with an illness
and you want to learn more.

You're scheduled for surgery.
What can you expect?

Need Answers?

You have a new prescription.
Are there any side effects?

It's 9:00 at night and you've lost
your ID Card.

How much do you owe your doctor
for that last visit?

As a Highmark Blue Cross Blue Shield Member, You Just Log onto

www.highmarkbcbs.com

and Click "Members" for Help Where and When You Need It!



Whether you are looking for a health care provider...want to track your care costs... need to make more informed care decisions...want to better understand your treatment options...need to manage a chronic health condition...or simply would like to lead a healthier lifestyle, you have a wealth of health information *right at your fingertips*.

At www.highmarkbcbs.com, you can access a wide range of care and coverage information conveniently online:

- **At "Your Coverage" you can:** research plan options, review your health coverage benefits, and request replacement identification cards.
- **At "Your Spending" you can:** view your health care claims, track your costs, look up typical costs of medical services, and access information on your health spending account if you have one.
- **At "Your Health" you can:** determine your health status, link to health care decision support, explore treatment options, and look up preventive health care recommendations and information on lifestyle improvement.
- **At "Choose Providers" you can:** access your health care provider directory which includes a wide range of information on doctors, hospitals and other providers.
- **At "Health Topics" you can:** read articles, get information in the Health Encyclopedia, go "Inside the Human Body," and find the latest information on surgeries and procedures.
- **At "Quick Resources" you can:** compare plan costs and estimate your out-of-pocket spending.

These are just a few examples of the many health information and support tools available to you on your member Web site. "Click On" today and get connected to a healthier you!

Have a Greater Hand in Your Health.®



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