BlueCross BlueShield of Illinois



Be Your Healthiest Self...We'll Help

Online...on the phone...on the go. However you choose to fit good health into your daily life, you've got tools to help you. Follow these simple steps to sign up for Blue Access for Members℠ (BAM℠) — where you can access all the health and wellness programs included with your plan.

1. **Go to bcbsil.com.**
2. **Sign up for BAM.**
3. **Click the My Health tab.**

A Path to Wellness

Reach your goals with the Well onTarget® online portal or mobile app. Complete self-paced programs to help improve long-term health issues and your overall wellbeing. Plus, get one-on-one support from a health coach and rewards for healthy activities.[1]

Fitness at Home and on the Road

Choose gyms from a large, national network, so you can exercise wherever life takes you. Plus, enjoy savings on acupuncture, massage and personal training.[2]

Quick Answers to Health Questions

Should you go to the emergency room? Urgent care? Wait to see your doctor? 24/7 Nurseline can help you decide — any day, any time.[3]

Behavioral Health Support

Your mental health is vital to your wellbeing. Your plan gives you access to treatment options to help with anxiety, depression, substance use and more. Click the **Doctors & Hospitals** tab in BAM to find a behavioral health provider.



Guidance for Your Growing Family

If you're ready to start a family or already expecting, check out apps from Ovia Health®.[4] They include expert advice to support you through all the stages of planning for and having a baby.

Help for Chronic Conditions

You and your covered family members may have access to support for certain health issues. If you are a good fit for one of the programs below, Blue Cross and Blue Shield of Illinois or one of the companies below will let you know how to sign up.

- **Lose weight:** Learn to approach food in a different way with Naturally Slim®.[5] An online tool lets you track progress, ask questions and connect with others.
- **Prevent diabetes:** The pre-diabetes program from Omada® can help you lower your chances of long-term health problems. Learn how to eat, exercise and deal with stress in a healthy way.[6]
- **Control diabetes:** Make managing your type 1 or type 2 diabetes a little easier with Livongo®.[7] Get a meter, test strips and lancets shipped to your door, all at no added cost.
- **Handle high blood pressure:** Programs from Omada and Livongo offer a health coach and a connected blood pressure monitor to track your numbers and help lessen your risk.
- **Manage joint and spine pain:** Exercise your way to knee, hip and back health with the Hinge Health® program.[8] An app and wearable sensors guide you through movements you can do in your home, on your time.
- **Cope with cancer:** Our cancer nurses are here to support you through your journey — from finding a provider through treatment and beyond. They can also help explain your care options and health benefits.

Take a step toward better health. Register at bcbsil.com today!

1. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.
2. Individuals must be at least 18 years old to purchase a membership. The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.
3. For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.
4. Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of Illinois.
5. Naturally Slim is an independent company that provides Metabolic Syndrome Management for Blue Cross and Blue Shield of Illinois.
6. Omada is an independent company that provides disease management services for Blue Cross and Blue Shield of Illinois. Omada is solely responsible for the products and services that it provides.
7. Livongo is an independent company that provides disease management services for Blue Cross and Blue Shield of Illinois.
8. Hinge Health is an independent company that provides online Musculoskeletal Management Solutions for Blue Cross and Blue Shield of Illinois. Hinge Health is solely responsible for the products and services that it provides.

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