



Confidence comes with every card.®

Healthy Blue LivingSM HMO



Your Healthy Blue Living to-do list

To stay at, or earn back, the enhanced level, you must complete the steps below before your deadlines. The enhanced level means lower out-of-pocket costs, such as copayments, deductible and coinsurance.

You have the first 90 days of your plan year to do **steps 1 and 2**.

STEP 01

See your primary care physician for a health evaluation to check six health measures (tobacco use, body mass index, blood pressure, cholesterol, blood sugar and depression). After your appointment, tell your doctor to submit your results electronically on a *Blue Care Network Qualification Form*. Check your to-do list in your member account at **bcbsm.com** a week after to see if it was submitted. If not, call your doctor's office and remind them to submit your form before your deadline.

STEP 02

Complete a personal, online health assessment. Log in to your member account at **bcbsm.com**. Click *Health & Wellness* in the navigation menu, then *Healthy Living* in the navigation menu after you're redirected to a new page. Then click *Health Assessment*.

You have the first 120 days of your plan year to sign up for the programs in **steps 3 and 4**, if necessary.

If steps 3 and 4 apply to you, we'll mail you details about the programs with instructions on how to enroll.

STEP 03

If your qualification form shows your body mass index is 30 or higher, enroll and participate in one of the weight management programs we offer.

STEP 04

If your qualification form shows you use tobacco, enroll and participate in our tobacco cessation program.



View your to-do list and deadline dates by logging in to your member account using your computer or the web browser on your mobile device or tablet:

- Log in to your account at **bcbsm.com**.
- Click *My Coverage* in the navigation menu.
- Click *Medical* from the drop-down menu.
- Click *To-do List*.

