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

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

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?

Need Answers?

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!