

FOR YOUR Benefit

Information for plan members to help you make the most of your benefits



Reward yourself for improving your health

Finding the resources you need to live a healthy lifestyle can be tricky and staying motivated can be even harder. That's where *Balance* comes in. *Balance* is an easy-to-use, comprehensive online wellness platform designed to help you stay healthy.

To help keep you motivated, every time you take a step to maintain or improve your health, you will earn points that you can redeem for a chance to win great prizes.

Learn—complete a health risk assessment and access health resources.

Track—steps, weight, blood pressure and many other aspects of your health.

Earn—points that can be redeemed for chances to win gift cards, Fitbits, GoPros, weekend getaways and more.

You and your dependants (16 years of age and older) can access *Balance* by signing into member services at www.ab.bluecross.ca. Once you're signed in, click *Balance* under the "Your benefits" tab. Any information you provide within the site is anonymized, meaning that individually-identifying information cannot be seen by anyone.

Please note that *Balance* is available only to groups that have *Balance* as part of their plan design.

BALANCE™

Your life ▲ Your rewards

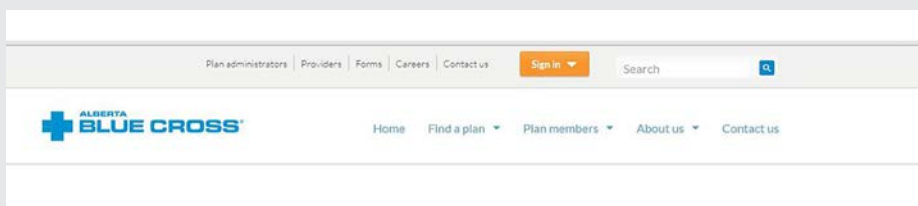


Your electronic booklet and *Benefits at-a-Glance*

As you probably know, your benefit booklet is available for viewing on our member services web site. Starting May 1, you will also have access to *Benefits at-a-Glance*. This is a one page summary of your benefits and provides a basic overview of your plan. If you need a more detailed description of your benefits, the benefit booklet will remain available for you to view or download.

To download your booklet and *Benefits at-a-Glance*, sign into member services by visiting www.ab.bluecross.ca and clicking the orange **sign in** button.

Sign in ▼



New adults get new cards

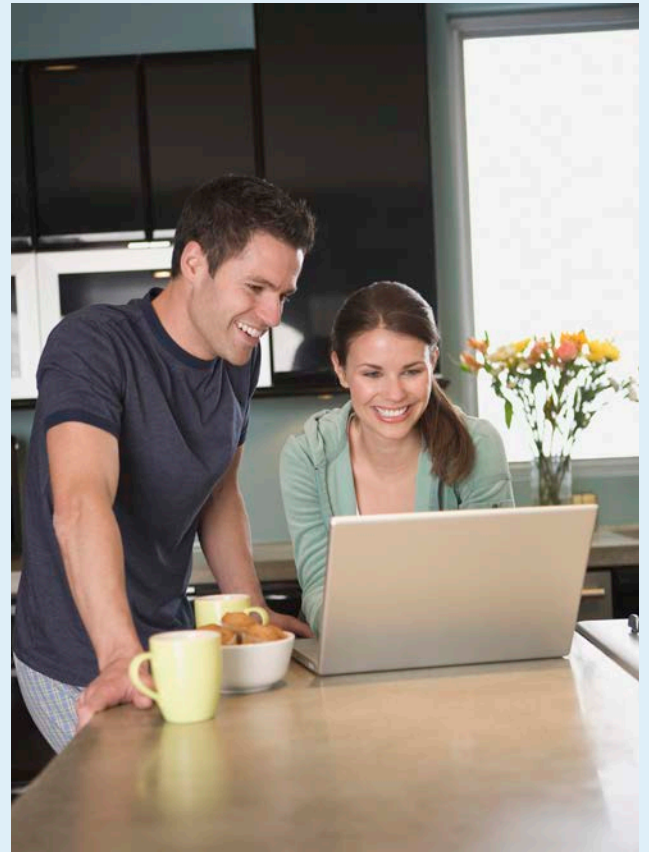
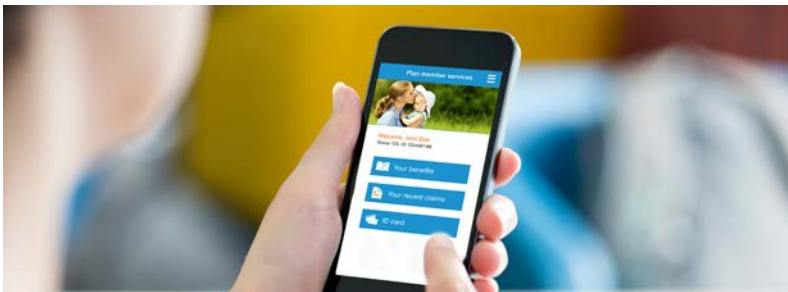
When your dependants approach the age of 18, Alberta Blue Cross will send them new ID cards. This is an automatic process that occurs as dependants reach the age of majority. Remember that a new card does not mean you will see changes in benefits or alterations to family coverage.



Many different ways to submit your claims online

There are more ways than ever before to submit claims to Alberta Blue Cross. While more than 90 per cent of claims are direct-billed to Alberta Blue Cross by providers such as pharmacies, dental offices, chiropractors, physiotherapists and vision care providers at the time of service, if you do have to submit a claim, we have convenient options for all plan members.

- **Alberta Blue Cross My Benefits app**—download our app for Android or Apple and submit claims to Alberta Blue Cross right from your phone or tablet. If we require more information, such as your receipts, you can take a picture using your device and upload them directly to us.
- **Mobile-friendly web site**—our member services site is optimized to work on most mobile devices. Not only can you submit your claims through the site, you also have access to all of the features that the desktop version of our member site offers.
- **Desktop web site**—you can submit your claims directly to us by signing into member services. You also have access to a number of other features such as setting up direct deposit, looking up your next dental or vision check up and more.
- **Claim form**—not all claims can be submitted to us online. If you have a claim that cannot be sent to us electronically, you can download a claim form by signing into member services or visiting www.ab.bluecross.ca.



Connect with us

Why wait for the next issue of *For Your Benefit*? Keep yourself up-to-date about the latest Alberta Blue Cross news by following us on [Facebook](#), [Twitter](#) and [LinkedIn](#). We'll share interesting health news, information about our community sponsorships, tips to make the most of your benefit plan and keep you informed regarding potential plan or coverage changes. Connect with us today.



Edmonton 780-498-8000

Calgary 403-234-9666

Toll free 1-800-661-6995

Have a question about your coverage?



We're here to help!



www.ab.bluecross.ca

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