



You can now  
**go further**  
with Alberta Blue Cross's **My Benefits** app

We've recently made updates to the Alberta Blue Cross **My Benefits** app, making it the fastest and easiest way for you to manage your benefits. Newly-added features allow you to save time, skip the hassle, avoid surprises and live well.

**Save time**

You can now check your claims history in seconds, see completed claim statements and submit claims online so they're paid faster.

**Skip the hassle**

You can now avoid out-of-pocket costs by using the app (powered by Google Maps) to find providers near you who direct bill.

**Avoid surprises**

You can now see if your prescription drug is covered before going to the pharmacy.

**Live well**

You can now access Balance—your online wellness program to support your overall health.

**Access a quick, printable reference to the mobile app updates [here](#).**

## We've enhanced online claiming options

We always aim to enhance your experience. One of the ways we do this is by making it easy to submit claims through our member website. That's why we've added new benefits to our member site which you can claim online.

**You can now claim osteopathy and occupational therapy benefits online through the member site. Furthermore, we've enhanced the member site's Health Spending Account (HSA) claiming options so that you can claim health dental premiums online under your HSA.**

Online submission means that you will receive reimbursement more quickly. You can submit claims 24 hours a day, seven days a week using the Alberta Blue Cross My Benefits mobile app or our member site at [ab.bluecross.ca](http://ab.bluecross.ca).



## Connect with us



Why wait for the next issue of *For Your Benefit*? Keep up-to-date about the latest Alberta Blue Cross news by following us on Facebook, Twitter and LinkedIn or reading our blog, **Blue notes**, at [ab.bluecross.ca/blue-notes-blog/blue-notes-blog.php](http://ab.bluecross.ca/blue-notes-blog/blue-notes-blog.php). 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.





## Involved in *your* community

- Alberta Blue Cross created the Healthy Communities Grant Program to promote wellness and active living in Alberta's communities. This program is open to community leagues, school councils, municipalities or other non-profit community groups and organizations with new projects in need of funding. Applications for the 2018 grant will be accepted until August 31. For more information, visit [ab.bluecross.ca](http://ab.bluecross.ca).
- Every year, thousands of Albertans visit emergency departments due to unintentional poisoning. This spring, Alberta Blue Cross partnered with The Injury Prevention Centre to support this year's Poison Prevention Week. Poison Prevention Week aims to improve awareness of medication poisoning and increase prevention of medication-related poisonings in children.
- As an advocate for injury prevention among Albertans, we are pleased to sponsor the Finding Balance seniors fall prevention campaign, which runs each November. Each year, thousands of Alberta seniors are hospitalized due to preventable falls; increasing awareness about what can be done to prevent falls is the best way keep seniors safe.
- Throughout 2018, Alberta Blue Cross is sponsoring a number of public awareness forums, health expos and conferences in support of organizations including the Arthritis Society, Diabetes Canada, the Liver Foundation, MS Society and Canadian Mental Health Association. Watch our social media feeds for more information about these events.



# It's now easier than ever to find providers who direct bill

Acupuncture, naturopathy, osteopathy and podiatry providers are now able to offer direct billing to Alberta Blue Cross plan members.

Providers who are registered for direct billing can verify your eligibility and submit claims on your behalf. Additionally, they can provide you with an 'explanation of benefits' statement confirming your claim submission before you even leave the practitioner's office.

Overall, this change makes it easier than ever for you to find direct-bill providers—and avoid out-of-pocket expenses.



**Edmonton** 780-498-8000

**Calgary** 403-234-9666

**Toll free** 1-800-661-6995



Have a question about your coverage?

[ab.bluecross.ca](http://ab.bluecross.ca)

We're here to help!

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