

# Live life to the fullest with confidence

As a Capital BlueCross  
customer, you are protected  
with a card most accepted  
by doctors and hospitals,  
and by a name trusted for  
nearly 80 years.



Stay connected on the go  
with the Capital BlueCross  
mobile app.



Capital BLUE 



[capbluecross.com](http://capbluecross.com) | [capitalbluestore.com](http://capitalbluestore.com)

The Blue365® program is brought to you by the Blue Cross and Blue Shield Association. The Blue Cross and Blue Shield Association is an association of independent, locally operated Blue Cross and/or Blue Shield Companies. Blue365 offers access to savings on health and wellness products and services and other interesting items that members may purchase from independent vendors, which are different from covered benefits under your policies with Capital BlueCross and its family of companies.

The programs discussed in this document are not a substitute for services performed by your health care providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross believes these programs provide useful information but does not assume any liability associated with their use.

Capital Blue is brought to you by Capital BlueCross, an Independent Licensee of the BlueCross BlueShield Association, serving 21 counties in central Pennsylvania and the Lehigh Valley.

Health care benefit programs issued or administered by Capital BlueCross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company® and Keystone Health Plan® Central. Independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.

Capital BlueCross and its family of companies comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you, or someone you're helping, has questions about your health plan, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 800.962.2242 (TTY: 711).

Spanish — Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de su plan de salud, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 800.962.2242 (TTY: 711).

Chinese — 如果您，或是您正在協助的對象，有關於您的健康計劃方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話[在此插入數字800.962.2242 (TTY: 711)]。

# MORE THAN HEALTH INSURANCE



Capital BLUE 

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# Let's get started

Register or log in at [capbluecross.com](https://capbluecross.com) to access your confidential and secure member account. There you will find information to help you understand and use your benefits, programs to help you live healthy, and resources to help you make smart health care decisions.

- Review eligibility for yourself or dependents
- View your health benefits and plan documents
- Check the status of medical claims
- Explore programs and tools to help you live healthy
- Request a replacement ID card
- Use our Search & Save Center to find doctors, compare costs, and start saving
- Take a free, confidential Personal Profile to assess your health\*
- View your prescription drug benefits and history\*
- Access your Certificate of Coverage

\* Feature is available if offered through your plan.



# Quality. Choice. Convenience.

You have the power to experience and manage your health plan in ways that best suit your needs. With Capital BlueCross' mobile app and digital channels, enjoy greater control of your health.

## Capital BlueCross App

Manage and coordinate your health and benefits on the go:

- Find doctors, hospitals, and urgent care centers
- Check symptoms
- Access benefits
- Store your ID card

## Like, Follow, Engage!

Stay connected through our social media channels and our blog at [CapitalBlueStore.com](https://CapitalBlueStore.com). We're always sharing tips to help you live healthy. Join the conversation today.



# Special programs for your health

- ✓ **24/7 Nurse Line (800.452.2583; TTY: 711)**  
Nurse Line is staffed by Registered Nurses who provide information and support for any health-related concern, day or night, at no cost to you. You can also log in to your secure member account to chat online with a nurse.
- ✓ **Blue365® — Start saving today!**  
With Blue365, great deals are yours for every aspect of your life—like discounts on nutrition plans, fitness apparel, or gym memberships. Register at [blue365deals.com](https://blue365deals.com).
- ✓ **Case Management (888.320.2583; TTY: 711)**  
Our Case Managers provide stability and security for our customers who have complex medical needs. Our dedicated team helps coordinate member care with doctors, hospitals, and treatment centers, and identifies medical, family, and community resources to help support each patient.
- ✓ **Condition Management (800.892.3033; TTY: 711)**  
This program provides free educational resources and personalized phone support to members with conditions such as asthma, coronary artery disease, depression, diabetes, and heart failure.
- ✓ **Precious Baby Prints® (800.892.3033; TTY: 711)**  
This free program supports expecting and new mothers with resources and advice for a healthy pregnancy and care for a newborn baby. Case Managers are available for moms with special needs.

All programs are voluntary and confidential.