Your Online Tools and Resources from Blue Cross and Blue Shield of Nebraska

Manage Your Health Care When It's Convenient

myblue

Online Member Services

The website that makes sense of your medical bills and health care spending – all in one place.

Here you'll find answers to questions like:

- Have I met my deductible?
- How much have I spent on health care this year?
- How much might my knee surgery cost?
- Which of my family members spent the most at the pharmacy?
- How much did my insurance pay for my last doctor visit?

Sign Up

1. Go to **mynebraskablue.com**
2. Select "Sign Up"
3. Complete the four easy steps

You will need to enter your member ID number found on your Blue Cross and Blue Shield of Nebraska member ID card.

You may then instantly access details about your insurance plan and track your spending!

If you have questions about *my*blue, just call the number on the back of your member ID card.

Register and access the site to enjoy all the tools and resources available!

See the back of this flier to learn about our online tools and resources.

Blue Cross and Blue Shield of Nebraska is an Independent Licensee of the Blue Cross and Blue Shield Association.

Interactive Tools

Help manage your healthcare needs and costs with these online tools:

Cost Estimator

Helps you estimate medical costs before you receive care. With this tool, you can find cost information for many common medical conditions and health care services, and compare physicians and facilities.

Review Your Doctor

Write a review of your health care experience and read other reviews of doctors and hospitals.

Healthcare Advisor℠

Take control of your health with this health care decision-making tool.

Coverage Advisor℠

Guides you through the process of choosing the health insurance plan that best meets your needs.

MyPrime®

MyPrime is loaded with valuable information and interactive tools to help manage your family's prescription drug purchases. This tool is from Blue Cross and Blue Shield of Nebraska's pharmacy benefits manager, Prime Therapeutics, LLC.

With MyPrime, you can find

- benefit information and personal prescription drug claim history
- a prescription drug list (also known as a formulary)
- an Rx Nebraska participating pharmacy locator
- a drug cost calculator
- a comparison of brand name and generic drug costs

A Healthier You

Small Changes Can Make a Big Difference

The lifestyle decisions we make – nutrition, weight, exercise, smoking, seatbelt use and more – directly impact our health care costs. Blue Cross and Blue Shield of Nebraska offers resources to help you make positive lifestyle changes.

livewellnebraska

In conjunction with the *Omaha World-Herald* newspaper, our health care and healthy living information site provides comprehensive, reliable health information specifically for Nebraskans.

To learn more, visit **www.livewellnebraska.com**.