



## Advantages of Membership

With **AcademicBlue**, students have access to value-added products and services. These health management tools and resources can help them to stay well and protect their health.



### Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>)

BAM is a secure website that gives students confidential access to information about their insurance plans. Students can check to see if claims have been finalized, sign up for alerts about claim activity, print a temporary ID card, view up to 18 months of claim history, and more. Students can register at [bcbsok.com/member](http://bcbsok.com/member).



### BCBSOK App

With the BCBSOK App from Blue Cross and Blue Shield of Oklahoma (BCBSOK), students can access their important health insurance information wherever they are. Students can view their ID card, see their benefit coverage information, and find in-network doctors, hospitals and urgent care facilities.



### Virtual Visits<sup>1</sup>

Virtual visits provide students with care when and where they need it, with access to board-certified doctors and licensed therapists 24 hours a day, seven days a week. Treatment for nonemergency medical conditions or behavioral health needs can take place via online video, mobile app, or phone. Prescriptions can be sent electronically to a nearby pharmacy (when appropriate) for many common medical conditions.



### myStrength<sup>2</sup>

myStrength is an online tool that helps students learn skills to feel happier, reduce stress, and confidently face life's challenges, large and small. Students can browse hundreds of fun, easy activities designed to help them strive for optimum mental and physical well-being.



For more information, call **855-267-0214**.



### 24/7 Nurseline (English and Spanish)

The 24/7 Nurseline's registered nurses listen to health concerns and provide general health information and tips. Students can get the guidance they need on possible emergency care, urgent care, general health topics and more, 24 hours a day, seven days a week by calling **800-581-0407**.



### Blue Care Connection<sup>®</sup>

Blue Care Connection provides personalized attention, support, online resources, and health advocacy to help students optimize their health benefits and manage their medical conditions.



### BlueCard<sup>®</sup> Program

When students are traveling, the BlueCard Program helps them access physicians, hospitals, and health services across the nation. Students can find providers by calling **800-810-BLUE (2583)** or visiting [provider.bcbs.com](http://provider.bcbs.com).



### Blue365<sup>®</sup> Member Discount Program

Blue365 is an online destination for discounts on health and wellness products and services. Students can take advantage of discounts on health club memberships, athletic apparel and footwear, weight loss programs, vision products and services, and more. They can register at [blue365deals.com/bcbsok](http://blue365deals.com/bcbsok) and receive weekly featured deals.

<sup>1</sup> Virtual Visits is included with all fully insured business and is available as a buy-up for all ASO groups. Virtual visits may not be available on all plans. Nonemergency medical service in Idaho, Montana, and New Mexico is limited to interactive audio/video (video only). Non-emergency medical service in Arkansas is limited to interactive audio/video (video only) for initial consultation.

<sup>2</sup> myStrength is currently available only to fully insured clients. myStrength, Inc. is an independent company that provides behavioral health resources for the fully insured student health plans of Blue Cross and Blue Shield of Oklahoma.

Blue365 is a discount program only for BCBSOK members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Please check your benefit booklet or call the customer service number on the back of your ID card for specific benefit facts. Use of Blue365 does not change your monthly payment, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors who take part in this program. BCBSOK does not guarantee or make any claims or recommendations about the program's services or products. You may want to talk to your doctor before using these services and products. BCBSOK reserves the right to stop or change this program at any time without notice.

AcademicBlue is offered by Blue Cross and Blue Shield of Oklahoma, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

Blue Cross and Blue Shield of Oklahoma complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sexual orientation, gender identity or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).