

# Quick Start Guide

STUDENT HEALTH

## Welcome to AcademicBlue Your Student Health Insurance Plan

Follow these seven steps to make sure you're taking advantage of everything your plan has to offer:

### 1 Create an Account

Create an account with **Academic HealthPlans** (AHP) at [myahpcare.com](http://myahpcare.com) by searching for your school then clicking on **Additional Resources** and **Account Information**.

(AHP provides the administrative services for your plan.)



### 2 Log in

After registering at the AHP website, use the **Log in to Blue Access for Members<sup>SM</sup>** link to create an account. This is how you'll access your health insurance plan information on the Blue Cross and Blue Shield of Oklahoma (BCBSOK) website.  
(BCBSOK is your health insurance company.)



### 3 Download

Download the **BCBSOK App** to your phone to:

- Find a doctor, hospital or urgent care facility.
- Get coverage and claims information.
- View and email your member ID card.

Text **BCBSOK APP** to **33633** to download.\*

\*Message and data rates may apply.



## 4 Add Numbers

Add these important phone numbers to your contacts:



**Virtual Visits with a Doctor**  
888-970-4081

**24/7 Nurseline**  
800-581-0407

**Customer Service\***  
855-267-0214

\* Hours are Monday through Friday, 8 a.m. to 8 p.m., Central time. Representatives assist students with claims, provider information, and benefit-related questions or concerns

## 5 Find a Pharmacy

**Need to find a pharmacy?**

**Register at**  
[myprime.com](https://myprime.com).

(Prime Therapeutics is the pharmacy benefit manager for BCBSOK.)



## 6 Register for Wellness Programs

**Register** for Well onTarget® at [wellontarget.com](https://wellontarget.com) to take advantage of:



- Health assessments
- Self-directed courses
- Tracking tools and interactive health calculators
- A variety of trusted health resources and information

## 7 Sign Up for Discounts

**Sign up** for the discount program for members called Blue365® at [blue365deals.com/BCBSOK](https://blue365deals.com/BCBSOK).



Blue365 has a range of features and discounts from top national and local retailers on fitness gear, gym memberships, vision and dental products, and much more.



Virtual visits may not be available on all plans. Non-emergency medical service in Montana and New Mexico is limited to interactive online video. Non-emergency medical service in Arkansas and Idaho is limited to interactive online video for initial consultation.

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MyPrime.com is an online resource offered by Prime Therapeutics.

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.

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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, sex, gender identity, age, sexual orientation, health status or disability.

To get help and information in your language at no cost, please call us at 855-710-6984.

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

Academic HealthPlans, Inc. (AHP) is an independent company that provides program management and administrative services for the student health plans of Blue Cross and Blue Shield of Oklahoma.