





ADVANTAGES

Advantages of Membership

With AcademicBlue, you have access to value-added products and services.

These health management tools and resources can help you stay well and protect your health.

Blue Access for MembersSM (BAMSM)

BAM is a secure website that gives you confidential access to information about your insurance plans. Check 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. Register at bcbsok.com/member.

BCBSOK App¹

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

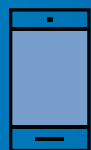
To get the BCBSOK App, text¹ **BCBSOK APP** to **33633**.

Virtual Visits

Virtual visits provide you with care when and where you 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.

Learn to Live

A highly effective behavioral health program which combines live clinician coaching and 24/7 online access to help effectively manage challenges like depression, anxiety, insomnia, substance use and social anxiety.



**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. You can get the guidance you 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**.

Health and Wellness Programs

Your wellbeing is important. That's why your health benefits include tools, information and support to help you live a healthy lifestyle. With programs available online or on your mobile phone, you can learn how to improve your wellbeing – whenever it works with your schedule. Take a look at all the resources centered around YOU. Get started by logging in to BAM at bcbsok.com. Then go to My Health to access all your health and wellness programs.

BlueCard[®] Program

When traveling, the BlueCard Program helps you access physicians, hospitals, and health services across the nation. To find providers call **800-810-BLUE (2583)** or visit provider.bcbs.com.

Blue365[®] Member Discount Program

Blue365 is an online destination for discounts on health and wellness products and services. You can take advantage of discounts on health club memberships, athletic apparel and footwear, weight loss programs, vision products and services, and more. Register at blue365deals.com/bcbsok and receive weekly featured deals.

¹ Message and data rates may apply. Terms and conditions and privacy policy at bcbsok.com/mobile/text-messaging.

² 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.

Learn To Live, Inc. is an independent company that has contracted with Blue Cross and Blue Shield of Oklahoma to provide cognitive behavioral therapy coaching for members with coverage through BCBSOK.

BCBSOK makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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.

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).

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.



Life can be hard. Finding support shouldn't be.

Digital resources are available anytime, anywhere to help with:

- Stress, anxiety and worry
- Depression
- Social anxiety
- Insomnia
- Substance use

LEARN TO LIVE

Take a confidential assessment today.

Log in to your account at **bcbsok.com**,
then go to **Wellness** to learn more.

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Take Care of Your **SELF**

Self-care is important, especially in college!

We can help with AcademicBlue – your student health insurance plan.

- Coverage at Student Health Center
- Priced for your budget
- Virtual visits
- Mental health support tool
- Discounts on fitness gear and products
- Access to nationwide network with Blue Choice PPOSM

To get started, go to ouhsc.myahpcare.com. Open Enrollment end dates for HSC: Fall 1-8/31/22, Fall 2- 8/31/22,

Spring/Summer- 1/27/23,

Spring- 1/27/23,

Summer- 6/9/23

