

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 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 MembersSM** link

to create an account. This is how you'll access your health insurance plan information on the Blue Cross and Blue Shield of Texas (BCBSTX) website.

(BCBSTX is your health insurance company.)



3 Download

Download the **BCBSTX 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 **BCBSTX APP** to **33633** to download.

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



4 Add Numbers

Add these important phone numbers to your contacts:

24/7 Nurseline
800-581-0368

Customer Service*
(Medical and Dental)
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.

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



6 Register for Wellness Programs

Learn to Live — Digital mental health tools to help with stress, anxiety and worry, social anxiety, depression, insomnia, substance use, panic and resiliency.



Well onTarget® — Online portal with health assessments, self-directed courses, tracking tools/interactive health calculators and more.

Log in to your account at bcbstx.com, then go to Wellness to learn about the resources available.

7 Sign Up for Discounts

Sign up for the discount program for members called Blue365® at

blue365deals.com/BCBSTX.

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.



The relationship between Blue Cross and Blue Shield of Texas (BCBSTX) and contracting pharmacies is that of independent contractors, contracted through a related company, Prime Therapeutics LLC. Prime Therapeutics also administers the pharmacy benefit program. BCBSTX, as well as several other independent Blue Cross and Blue Shield Plans, has an ownership interest in Prime Therapeutics.

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

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BCBSTX 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 BCBSTX members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Please check your plan's medical policy 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. BCBSTX 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. BCBSTX reserves the right to stop or change this program at any time without notice.

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Blue Cross and Blue Shield of Texas 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 Texas.