

# 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 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 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. Terms and conditions and privacy policy at [bcbso.com/mobile/text-messaging](http://bcbso.com/mobile/text-messaging).

## 4 Add Numbers

Add these important phone numbers to your contacts:



### 24/7 Nurseline

800-581-0407

### Customer Service\* (Medical and Dental)

855-267-0214

### (Vision)

844-684-2256

\* 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. Dental and Vision may not be included on all plans.

## 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

**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, tracking tools/health calculators, ability to earn Blue Points<sup>SM</sup> for use at an online shopping mall and more.

Log in to your account at [bcbsok.com](https://bcbsok.com), then go to Wellness to learn more.

## 7 Sign Up for Discounts

Sign up for the discount program for members called Blue365<sup>®</sup> 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.



The relationship between Blue Cross and Blue Shield of Oklahoma and contracting pharmacies is that of independent contractors, contracted through a related company, Prime Therapeutics LLC. Prime Therapeutics also administers the pharmacy benefit program. BCBSOK, 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.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at [wellontarget.com](https://wellontarget.com) for further information. The Well onTarget member rewards redemption service is provided by an independent third party.

Learn to Live, Inc. is an independent company that has contracted with Blue Cross and Blue Shield of Oklahoma to provide online tools and programs for behavioral health support. Learn to Live is an educational program and should not be considered medical treatment © 2023 Learn to Live, Inc.

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 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. 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).

Academic HealthPlans, Inc., a Risk Strategies Company is an independent company that provides program management and administrative services for the student health insurance plans of Blue Cross and Blue Shield of Oklahoma.



### Health care coverage is important for everyone.

If you, or someone you are helping, have questions, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 855-710-6984. We provide free communication aids and services for anyone with a disability or who needs language assistance.

We do not discriminate on the basis of race, color, national origin, sex, gender identity, age, sexual orientation, health status or disability. If you believe we have failed to provide a service, or think we have discriminated in another way, contact us to file a grievance.

Office of Civil Rights Coordinator  
300 E. Randolph St., 35<sup>th</sup> Floor  
Chicago, IL 60601

Phone: 855-664-7270 (voicemail)  
TTY/TDD: 855-661-6965  
Fax: 855-661-6960

You may file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, at:

U.S. Dept. of Health & Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building 1019  
Washington, DC 20201

Phone: 800-368-1019  
TTY/TDD: 800-537-7697  
Complaint Portal: <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>  
Complaint Forms: <https://www.hhs.gov/civil-rights/filing-a-complaint/complaint-process/index.html>

### To receive language or communication assistance free of charge, please call us at 855-710-6984.

|            |                                                                                                                                     |
|------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Español    | Llámenos al 855-710-6984 para recibir asistencia lingüística o comunicación en otros formatos sin costo.                            |
| العربية    | لنتلقى المساعدة اللغوية أو التواصل مجاناً، يرجى الاتصال بنا على الرقم 855-710-6984.                                                 |
| 繁體中文       | 如欲獲得免費語言或溝通協助，請撥打855-710-6984與我們聯絡。                                                                                                 |
| Français   | Pour bénéficier gratuitement d'une assistance linguistique ou d'une aide à la communication, veuillez nous appeler au 855-710-6984. |
| Deutsch    | Um kostenlose Sprach- oder Kommunikationshilfe zu erhalten, rufen Sie uns bitte unter 855-710-6984 an.                              |
| ગુજરાતી    | ભાષા અથવા સંચાર સહાય મફતમાં મેળવવા માટે, કૃપા કરીને અમને 855-710-6984 પર કોલ કરો.                                                   |
| हिंदी      | निःशुल्क भाषा या संचार सहायता प्राप्त करने के लिए, कृपया हमें 855-710-6984 पर कॉल करें।                                             |
| Italiano   | Per assistenza gratuita alla lingua o alla comunicazione, chiami il numero 855-710-6984.                                            |
| 한국어        | 언어 또는 의사소통 지원을 무료로 받으려면 855-710-6984번으로 전화해 주세요.                                                                                    |
| Navajo     | Niná: Doo bilagáana bizaad dinits'á'góó, shá ata' hodooni nínízingo, t'áájíík'eh bee náhaz'á. 1-866-560-4042 jì' hodíilni.          |
| فارسی      | برای دریافت کمک زبانی یا ارتباطی رایگان، لطفاً با شماره 855-710-6984 تماس بگیرید.                                                   |
| Polski     | Aby uzyskać bezpłatną pomoc językową lub komunikacyjną, prosimy o kontakt pod numerem 855-710-6984.                                 |
| Русский    | Чтобы бесплатно воспользоваться услугами перевода или получить помощь при общении, звоните нам по телефону 855-710-6984.            |
| Tagalog    | Para makatanggap ng tulong sa wika o komunikasyon nang walang bayad, pakitawagan kami sa 855-710-6984.                              |
| اردو       | مفت میں زبان یا مواصلت کی مدد موصول کرنے کے لیے، براہ کرم ہمیں 855-710-6984 پر کال کریں۔                                            |
| Tiếng Việt | Để được hỗ trợ ngôn ngữ hoặc giao tiếp miễn phí, vui lòng gọi cho chúng tôi theo số 855-710-6984.                                   |