The signs of a healthier Vermont

What’s online at www.bcbsvt.com?
Blue Cross and Blue Shield of Vermont offers easy access to information and helpful support on our website, www.bcbsvt.com. Manage your benefits, improve your health and research health care topics, all at the click of a mouse.

Be healthier with Blue HealthSolutions™

The online Wellness Center gives you advertising-free, medically-based text and illustrations that can help you learn more about your health and even give you tips on what to ask your doctor. Complete a health risk assessment on our Wellness Center, and you’ll create a confidential health record on the site and be connected with online coaching programs tailored just to you. You’ll also find calculators, fact sheets, recipes, articles, tracking tools and more—all to help you meet your own personal health goals. Log on to www.bcbsvt.com/WellnessCenter.

Whether you need a good physical activity program for your kids or cardiac rehabilitation for yourself, our site connects you to programs online, right around the corner or nationwide.

If you have a chronic condition like diabetes or asthma you’ll find easy access to Blue HealthSolutions disease management tools online to better learn how to manage your condition. If you’re pregnant, you can initiate support from our popular Better Beginnings® pre-natal and post-natal program, which offers credits for infant CPR classes and vouchers for breastfeeding equipment.

New! Live better with Blue365™

Living well means having healthy options every day. That’s why we’ve designed Blue365 to take you beyond your health insurance and offer you access to trusted health and wellness resources 365 days a year—and you can enjoy special member values on many services. You’re invited to help shape this evolving program by sharing your feedback along the way.

Visit www.bcbsvt.com/blue365 for discounts on health and wellness, family care, financial well-being and even travel. Enjoy great deals from such vendors as:

- NutriSystem® and Jenny Craig® online services
- WeightWatchers®
- LA Weight Loss Centers®, Curves® and other fitness centers
- Edward Jones® (financial consulting for a healthier future)

When you visit the Blue365 site, you’ll also find great information and tips on how to live better, 24/7, 365 days a year.

Need to find a doctor or other health resources in your area or across the nation?

Our new and improved online search function helps you find a health care provider who meets your specific needs. You can search for physicians and providers by location, gender, board certification and a number of other criteria. You’ll also find links to www.bcbs.com, the national Blue Cross and Blue Shield website, where you can search for doctors in other states and in 200 countries around the world.

Our community outreach information can also help you find health resources in your area. Learn where BCBSVT will be and about events sponsored by other health-oriented groups in Vermont.

Know more, choose well and feel better with our Healthcare Advisor™

If you’ve been diagnosed with a chronic condition like asthma or diabetes, you want to find out more about it and learn how to take good care of yourself with the best resources possible. Our Healthcare Advisor site can help you learn about medications and even choose among hospitals. By providing information on various hospital’s experience, reputation and results of care, we help you choose your facility based on factors that are important to you.

Make the most of your benefits

Visit our Rx Center to search for the network pharmacy nearest you. Determine whether you’ll need prior approval for a particular prescription drug or check to see if using generic alternatives or Preferred drugs could save you money. With our online drug encyclopedia, you can also research your medications, review known side effects and learn about possible complications.

Take care of business 24/7

Change your mailing address, order an I.D. card, print commonly used forms or read our newsletters online. Review your health plan benefits and even check the status of a claim—all at times convenient for you.