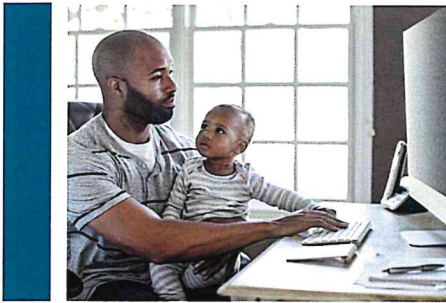


# BENEFITS WITH YOUR EXCELLUS BLUECROSS BLUESHIELD MEMBERSHIP



## TELEMEDICINE

On demand access to affordable, quality health care.  
Anytime, anywhere!

Why wait for the care you need now? Excellus BlueCross BlueShield (BCBS) via our partner **MDLIVE**, now offers another alternative to receive care. Visit with a U.S. board certified doctor right from your home, office or on the go for non-emergency medical conditions.

### When to use telemedicine:

- 24/7/365
- If your primary care doctor is not available
- Instead of going to the ER or an urgent care center (for non-emergency issues)
- If traveling and in need of medical care

Visit [ExcellusBCBS.com/Telemedicine](https://ExcellusBCBS.com/Telemedicine) or call 1-866-692-5045 for more information and instructions.



## EMERGENCY ROOM VS. URGENT CARE

### Understanding the difference

For injuries that need immediate attention, but are not serious or life threatening, consider going to an urgent care facility. With urgent care, you get the immediate care you need, often without the wait or rush that can come when the emergency room is busy. Plus, it usually costs much less than the Emergency Room.

### Urgent care is ideal for:

- Minor cuts, bruises or burns
- Broken bones, muscle strains or sprains
- Sore throat, cold and flu treatment
- Ear infections

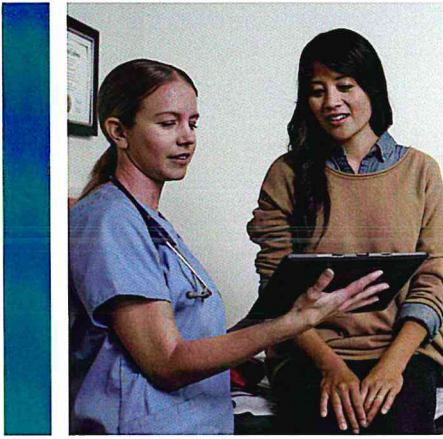
### Go to the emergency room immediately for:

- Any life threatening injury
- Behavioral conditions that endanger the person or others
- Serious problems with a person's bodily functions
- Loss of limb, puncture wounds or deep cuts

Urgent care centers can do x-rays, lab work and other diagnostic tests.

Keep the number of your nearest Urgent Care Center in an easy-access place, like your cell phone. Visit [ExcellusBCBS.com/UrgentCare](https://ExcellusBCBS.com/UrgentCare) to find an Urgent Care location.





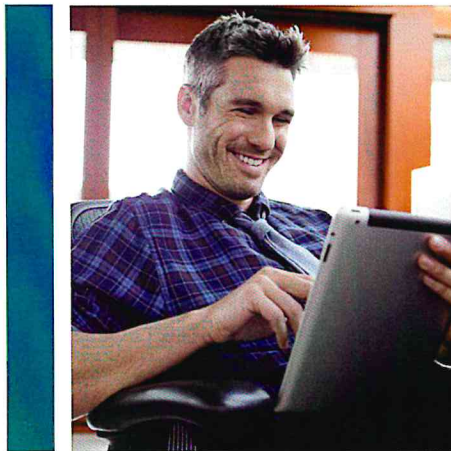
## PREVENTIVE CARE

Preventive care can help you stay healthy and reduce your risks for certain illnesses. The following preventive services are covered in full by your Excellus BCBS insurance plan:

- Annual Adult Physical Examinations
- Well-Baby and Well-Child Care
- Well-Woman Examinations
- Adult Immunizations
- Mammograms
- Family Planning and Reproductive Health Services
- Bone Mineral Density Measurements or Testing

Visit the Preventive Health section of [ExcellusBCBS.com](http://ExcellusBCBS.com) to learn more about these and other services available to you.

## MEMBER TOOLS AND DISCOUNTS AVAILABLE ON THE EXCELLUSBCBS.COM SITE



### Treatment Cost Calculator

Managing the quality and cost of your health care is important. Our online treatment cost eliminator makes it easy. You'll get easy-to-understand estimates based on your current benefit plan and cost sharing amounts.

- Search from a wide variety of treatments including inpatient services, outpatient services, diagnostics and office visits
- Estimate treatment costs
- Find out how much you'll need to pay out-of-pocket
- Sort provider results by cost, distance and number of treatments

Login to your [ExcellusBCBS.com](http://ExcellusBCBS.com) Member account to access the Treatment Cost Calculator directly from your Member dashboard.



### Blue365® and Tivity Health®

Blue 365® offers great deals to keep you healthy and happy every day of the year, all included as part of your Excellus BCBS membership. You can save money with exclusive discounts at top health and wellness retailers around the county and get weekly deals emailed right to your inbox each week.

Tivity Health® Fitness Your Way, one of the most popular Blue365® offerings can help you meet your fitness goals while staying on budget and fitting in to your busy schedule!

Tivity Health® Fitness Your Way offers access to nearly 9,500 different fitness locations for just \$29 a month.\*

Visit any participating fitness location – anytime, anywhere – as often as you like. Locations include select Anytime Fitness, Curves and Snap Fitness. A limited number of Gold's Gyms and YMCAs in certain areas also participate. You can also receive discounts on massage, yoga, tai chi, Pilates, personal training and more and enjoy savings on vitamins, exercise equipment, aromatherapy and organic products.

Visit [ExcellusBCBS.com/Blue365](http://ExcellusBCBS.com/Blue365) and login to your Member Account to learn more!

*\* See program details for complete pricing information.*