



**Blue Care
Network**
of Michigan

Confidence comes with every card.®

Welcome to
Blue Elect PlusSM POS
with HRA or HSA options





Dear Valued Member:

We know health care can seem complicated. That's why we're committed to helping you understand your coverage. This guide explains your Blue Elect PlusSM POS plan. In addition, your digital *Member Handbook* includes what you need to fully understand your coverage. You can access it when your plan year starts by registering your online member account at bcbsm.com.*

If you have questions, refer to your account or call the Customer Service number on the back of your member ID card.

The next page has important steps to help you make the most of your Blue Elect Plus plan.

Sincerely,

A handwritten signature in black ink, appearing to read 'K. Levine', written in a cursive style.

Kathryn G. Levine
President and CEO

*In this guide, you'll be advised to check your online member account for specific information about your health care plan. If you don't have internet access, you may ask to have the information mailed to you. Call the Customer Service number on the back of your member ID card.

Getting started

Step 1

Register to activate your online member account.

Your account is where you get your health plan information anytime, anywhere. It helps you understand how your plan works and what it covers, so you can make more informed choices about your care.

Here's what you can do using your account:

- View your *Member Handbook*.
- Select or change your primary care provider.
- Verify who's covered under your plan.
- See what's covered.
- View your deductible, copayments and coinsurance.
- Monitor claims and explanation of benefits statements.
- Search for doctors, hospitals and specialists in your plan's network.
- Learn about your prescription drug coverage or health savings account, if applicable.
- Access your virtual ID card and plan documents, including your certificate, riders and *Summary of Benefits and Coverage*.
- See the status of prior authorizations.

How to register your account

1. Go online.

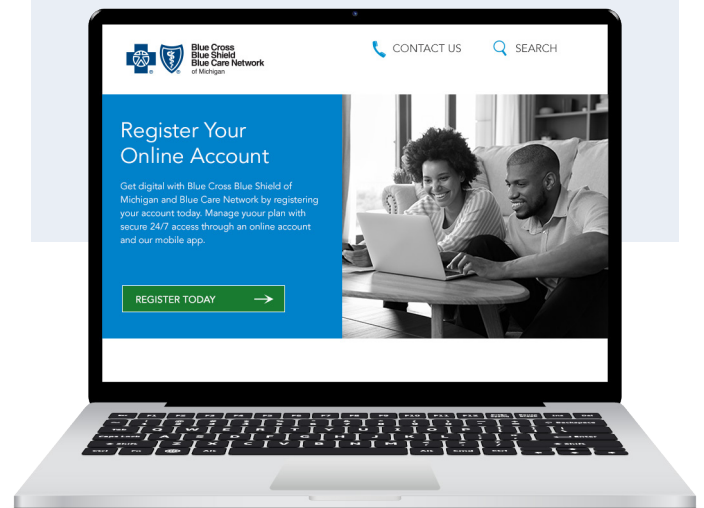
Visit bcbsm.com/register and select *Register Now*.

2. Use our app.

- Download the app on the App Store® or Google Play™ (search "**BCBSM**").
- Tap the app and then *Register*.

3. Text us.

Text **REGISTER** to **222764**.*



*Message and data rates may apply. Visit bcbsm.com for our Terms and Conditions of Use and Privacy Practices.

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Google Play and the Google Play logo are trademarks of Google LLC.

From your online member account

Step 2

Access your *Member Handbook*.

Your customized digital *Member Handbook* will help you understand your health plan and benefits. To access it, log in to your account at bcbsm.com or use our mobile app.

Your *Member Handbook* will display in your account **on the date your coverage begins**. However, you can register your account before your coverage start date.

Step 3

Select or change your primary care provider.

Your PCP is the doctor who provides or coordinates your care. Each person on your contract enrolled with a Michigan address must select a PCP located in Michigan. The doctor you select in our *Find Care* tool must be labeled a PCP in your plan's network. Your account won't allow you to submit your selection if the doctor isn't listed as a PCP. If we don't have a PCP on file for you, we'll assign one to you and mail you the details.

To select or change your PCP, log in to your account at bcbsm.com and then:

- Click *Find Care* in the navigation menu.
- Click *Primary Care Physicians*.
- Click *View or Change PCP*.

Or call the Customer Service number on the back of your member ID card.

If you're enrolled with an address outside Michigan, you don't need a PCP on file. However, we encourage you to see a BlueCard® Traditional provider outside Michigan to act as your PCP and coordinate routine and specialist care.

Your plan allows you to see any provider without a referral. However, involving your PCP means you have a knowledgeable professional focusing on your total health care.



Getting care

In-network versus out-of-network providers

A network is a group of providers (doctors, hospitals and other professionals) who have contracted with BCN in Michigan to provide health care services or are BlueCard Traditional providers outside Michigan, within the United States. BlueCard Traditional providers are contracted by a Blue Cross Blue Shield plan to provide health care services.

Note: You're always covered for emergency care.

- **Blue Elect Plus in-network providers** are BCN-participating providers in Michigan and providers outside Michigan who participate in a BlueCard Traditional plan. You'll pay less out of pocket when you're seen by these providers.

To find in-network providers in Michigan, log in to your account at [bcbsm.com](https://www.bcbsm.com) and select *Find Care*. Be sure *Blue Care Network (HMO and POS plans)* is your plan selection before you begin your search.

- **Blue Elect Plus out-of-network providers** in Michigan don't participate with BCN. Providers outside Michigan who don't participate with the BlueCard Traditional plan are also considered out of network. You may get care for covered services from out-of-network providers, but you'll pay more.

You'll be responsible for checking that the provider you see is participating in your plan's network. Call your provider's office to confirm they're in network before receiving care.

Getting specialty care

You can seek care from any provider without a referral. If you need to see a specialist, plan to see an in-network provider to ensure you pay the least for your care.

You can receive care from any provider, but you'll pay more out of pocket if you receive care from out-of-network providers.

Prior authorization

Whether the doctor you see is in network or not, **certain services** require prior authorization by BCN to be covered. We may require prior authorization to make sure the prescription drugs, medical tests, surgeries and other services are needed for your condition and medically necessary.

The treating provider will contact BCN to request prior authorization. Even though the provider requests it, you should check with the doctor before receiving services to see if prior authorization is needed.

If you go to an out-of-network provider, you're responsible for having that provider call the number on the back of your member ID card to request prior authorization.

For more about prior authorizations, go to our article at [bcbsm.com*](https://www.bcbsm.com/important-information/prior-authorization/#par_article) ([Important Info: Services That Need Prior Authorization/BCBSM](https://www.bcbsm.com/important-information/prior-authorization/#par_article))

*https://www.bcbsm.com/important-information/prior-authorization/#par_article

Your options for care

Where to go for care

When it's not an emergency, you have choices for when and where to get health care.

Primary Care Provider	24-Hour Nurse Line 1-855-624-5214	Virtual Care by Teladoc Health®	Retail Health Clinics	Urgent Care Centers
\$	\$0	\$	\$\$	\$\$
Average time for care 30 minutes	Average time for care 1 minute	Average time for care 5 minutes	Average time for care 30 minutes	Average time for care 60–90 minutes
Appointment required? Yes	Appointment required? No	Appointment required? No	Appointment required? No	Appointment required? No
Treatment When you want to talk face to face with a doctor you know and trust	Treatment When you have questions about an illness or injury, anytime day or night	Treatment When you want to talk to a doctor or therapist virtually from your smartphone, tablet or computer	Treatment For a quick, in-person evaluation to get minor health care and a prescription at one location	Treatment When your symptoms are a little more complicated and you need convenient, in-person care
<ul style="list-style-type: none"> High-quality, comprehensive care Knows you and your medical history and coordinates all your care May offer virtual care, same-day appointments, extended hours and other services 	<ul style="list-style-type: none"> No cost Available by phone anytime, anywhere in the U.S. Service provided by a registered nurse 	<ul style="list-style-type: none"> Video chat with a U.S. board certified doctor or a licensed therapist anywhere in the U.S. Have a visit summary sent to your primary doctor Sign up for Virtual Care through the: <ul style="list-style-type: none"> » Teladoc Health™ app online » At bcbsm.com/virtualcare » By phone at 1-800-835-2362 	<ul style="list-style-type: none"> Evening and weekend hours Convenient locations Care provided by physician assistants and certified nurse practitioners, overseen by a U.S. board-certified doctor 	<ul style="list-style-type: none"> Evening and weekend hours Convenient locations Lab and X-rays Care provided by U.S. board-certified doctors, as well as licensed nurses and nurse practitioners, depending on severity of symptoms

Learn how to use your smart choices for care at bcbsm.com/findcare. Check your applicable out-of-pocket costs for these places of care by logging in to your account at bcbsm.com.

To locate a participating urgent care center near you, go to bcbsm.com/findcare and select *Log in to Find a Doctor*. Or call the Customer Service number on the back of your member ID card.. Before you go to urgent care, call the clinic to check extended business and weekend hours.

Hospital care is for health situations that require inpatient care. Your PCP will arrange the hospital care you need and direct the care of any specialists who will see you there.

If symptoms are severe enough that you need immediate medical attention, go to the nearest emergency room or call 911. Emergency is open 24 hours.

Virtual Care is provided by Teladoc Health, an independent company that provides Virtual Care Solutions for Blue Cross Blue Shield of Michigan and Blue Care Network.

Understanding your benefits

Some services aren't covered

Here are a few examples of services your medical plan doesn't cover:

- Services obtained without following BCN procedures
- Cosmetic services or supplies
- Custodial care
- Experimental or investigational treatment
- Personal convenience items, such as air conditioners, hot tubs and water beds
- Routine exams related to employment, insurance, a court order, school purposes or sports physicals
- Self-help programs

For more details about other health care services and benefits not covered, refer to your certificate and riders or *Summary of Benefits and Coverage* in your account at [bcbsm.com](https://www.bcbsm.com). Select *My Coverage* in the navigation menu, then select *Plan Documents*. On the app, select *My Coverage* and then *What's Covered*.

Behavioral health services

You're covered for behavioral health, including mental health and substance use disorder services. You'll pay lower out-of-pocket costs when you're seen by an in-network provider.

If you're experiencing a life-threatening emergency, dial **911** or go to the nearest emergency room. For urgent concerns, call **1-800-482-5982** (TTY: **711**) 24 hours a day to speak with a behavioral health care manager. For routine assistance, call this number Monday through Friday from 8 a.m. to 5 p.m. with questions about your behavioral health coverage, help finding a provider, or to request the guidelines we use to make medical necessity decisions.



More to know

Your prescription drug coverage, if applicable

Check to see if you have [prescription drug coverage](#) with BCN by:

- Logging in to your account at bcbsm.com or through our mobile app
- Selecting *My Coverage* in the navigation menu
- Selecting *Prescription*

On this page, you can:

- View your drug list
- See what's covered (You'll be redirected to view your certificate and prescription drug rider.)
- Price a drug
- Pay for prescriptions
- See your prescription drug history
- Find a pharmacy
- Learn about mail orders

There's more for you to know

Go to bcbsm.com/importantinfo to learn:

- Services that need prior authorization
- Your rights and responsibilities
- How to submit a complaint
- How to appeal a decision that affects your coverage or benefits
- About your right to an independent external review
- How we evaluate new medical technology
- Our privacy practices
- How to submit a claim for reimbursement of covered services

We Speak Your Language

ATTENTION: If you speak English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 877-469-2583 TTY: 711 or speak to your provider.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También se ofrecen, sin costo alguno, ayuda y servicios auxiliares adecuados para proporcionar información en formatos accesibles. Llame al 877-469-2583 TTY: 711 o hable con su proveedor.

تنبيه: إذا كنت تتحدث الإنجليزية، فإن خدمات المساعدة اللغوية المجانية متوفرة لك. تتوفر أيضًا المساعدات والخدمات المساعدة المناسبة لتوفير المعلومات بتنسيقات يسهل الوصول إليها مجانًا. اتصل برقم 877-469-2583 TTY: 711 أو تحدث إلى مزود الخدمة الخاص بك.

注意: 如果您说[中文], 我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务, 以无障碍格式提供信息。请致电 877-469-2583 (TTY: 711) 或咨询您的服务提供商。

ਅੰਗਰੇਜ਼ੀ ਵਿਚ ਬੋਲਣ ਵਾਲੇ ਲੋਕਾਂ ਲਈ ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ। ਉਚਿਤ ਮੁਢਲੀ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਤੁਹਾਨੂੰ ਸਹੂਲਤ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਵੀ ਉਪਲਬਧ ਹਨ। 877-469-2583 TTY: 711 ਜਾਂ ਆਪਣੇ ਪ੍ਰਦਾਤਾ ਨਾਲ ਗੱਲ ਕਰੋ।

LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ và dịch vụ phù hợp để cung cấp thông tin bằng các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi số 877-469-2583 TTY: 711 hoặc trao đổi với người cung cấp dịch vụ của bạn.

VËMENDJE: Nëse flisni shqip, shërbime falas të ndihmës së gjuhës janë në dispozicion për ju. Ndihma të përshtatshme dhe shërbime shtesë për të siguruar informacion në formate të përdorshme janë gjithashtu në dispozicion falas. Telefononi 877-469-2583 TTY: 711 ose bisedoni me ofruesin tuaj të shërbimit.

알림: 한국어를 사용하는 경우 언어 지원 서비스를 무료로 이용할 수 있습니다. 정보를 접근 가능한 형식으로 제공받을 수 있는 적절한 보조 기구와 서비스도 무료로 이용할 수 있습니다. 877-469-2583 TTY: 711 번으로 전화하거나 담당 기관에 문의하십시오.

মনোযোগ দিন: যদি আপনি বাংলা বলেন তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাদি উপলব্ধ রয়েছে। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত সহায়ক সহযোগিতা এবং পরিষেবাদিও বিনামূল্যে উপলব্ধ রয়েছে। 877-469-2583 TTY: 711 নম্বরে কল করুন অথবা আপনার প্রদানকারীর সাথে কথা বলুন।

UWAGA: Osoby mówiące po polsku mogą skorzystać z bezpłatnej pomocy językowej. Dodatkowe pomoce i usługi zapewniające informacje w dostępnych formatach są również dostępne bezpłatnie. Zadzwoń pod numer 877-469-2583 TTY: 711 lub porozmawiaj ze swoim usługodawcą.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistentendienste zur Verfügung. Entsprechende Hilfsmittel und Dienste zur Bereitstellung von Informationen in barrierefreien Formaten stehen ebenfalls kostenlos zur Verfügung. Rufen Sie 877-469-2583 TTY: 711 an oder sprechen Sie mit Ihrem Provider.

ATTENZIONE: se parli Italiano, sono disponibili servizi di assistenza linguistica gratuiti. Sono inoltre disponibili gratuitamente ausili e servizi ausiliari adeguati per fornire informazioni in formati accessibili. Chiama l'877-469-2583 TTY: 711 o parla con il tuo fornitore.

注: 日本語を話される場合、無料の言語支援サービスをご利用いただけます。情報をアクセスしやすい形式で提供するための適切な補助器具やサービスも無料でご利用いただけます。877-469-2583 TTY: 711 までお電話いただくか、ご利用の事業者にご相談ください。

ВНИМАНИЕ: Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются

бесплатно. Позвоните по телефону 877-469-2583 TTY: 711 или обратитесь к своему поставщику услуг.

PAŽNJA: Ako govorite srpsko-hrvatski, dostupne su vam besplatne usluge jezične pomoći. Odgovarajuća pomoćna pomagala i usluge za pružanje informacija u pristupačnim formatima također su dostupni besplatno. Nazovite 877-469-2583 TTY: 711 ili razgovarajte sa svojim pružateljem usluga.

PAALALA: Kung nagsasalita ka ng Tagalog, magagamit mo ang mga libreng serbisyong tulong sa wika. Magagamit din nang libre ang mga naaangkop na karagdagang tulong at serbisyo upang magbigay ng impormasyon sa mga naa-access na format. Tumawag sa 877-469-2583 TTY: 711 o makipag-usap sa iyong provider.

Discrimination is against the law

Blue Cross Blue Shield of Michigan and Blue Care Network comply with Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex (including sex characteristics, intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes). Blue Cross Blue Shield of Michigan and Blue Care Network does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

Blue Cross Blue Shield of Michigan and Blue Care Network:

- Provide people with disabilities reasonable modifications and free appropriate auxiliary aids and services to communicate effectively with us, such as: qualified sign language interpreters, written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provide free language services to people whose primary language is not English, which may include qualified interpreters and information written in other languages.

If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, call the Customer Service number on the back of your card. If you aren't already a member, call 877-469-2583 or, if you're 65 or older, call 888-563-3307, TTY: 711. Here's how you can file a civil right complaint if you believe that Blue Cross Blue Shield of Michigan or Blue Care Network has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance in person, by mail, fax, or email with:

Office of Civil Rights Coordinator
600 E. Lafayette Blvd., MC 1302
Detroit, MI 48226
Phone: 888-605-6461, TTY: 711
Fax: 866-559-0578
Email: CivilRights@bcbsm.com

If you need help filing a grievance, the Office of Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health & Human Services Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal website <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or by mail, phone, or email at:

U.S. Department of Health & Human Services
200 Independence Ave, SW
Room 509, HHH Building
Washington, D.C. 20201
Phone: 800-368-1019, TTD: 800-537-7697
Email: OCRComplaint@hhs.gov

Complaint forms are available on the U.S. Department of Health & Human Services Office for Civil Rights website <https://www.hhs.gov/ocr/complaints/index.html>.

This notice is available at Blue Cross Blue Shield of Michigan and Blue Care Network's website: <https://www.bcbsm.com/important-information/policies-practices/nondiscrimination-notice/>.

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