

More Choice. **More Help.**



It takes a team



**Blue Cross
Blue Shield**
of Rhode Island



Get ready to rethink your health plan. When you think about Blue Cross & Blue Shield of Rhode Island (BCBSRI), you think about trusted medical and dental insurance. And you should. We have been delivering quality health coverage for more than 75 years, and for more than 35 years we have provided dental insurance.

Now we're making it easier than ever for you to stay healthy—and then to get help when you do need it. Look at what we now offer:

- 100% coverage for routine in-network preventive care, screenings, and tests
- Lower prices for medical and dental services with Blue Cross' negotiated discounts
- Our network of more than 1,500 primary care providers, 5,700 specialists, and every hospital in Rhode Island
- Access to 9 out of 10 dentists in Rhode Island and 110,000 dentists coast-to-coast
- Counseling, education, and rehabilitation programs, including smoking cessation, nutritional counseling, and diabetes education
- Wellness tools and discounts that motivate you to improve your health
- A Blue Cross and Blue Shield card recognized across the country and around the world
- Additional health insurance for enhanced coverage abroad
- Significant discounts on hearing aids through BeltoneNE™
- Customer service that fits into your schedule

We Make It Easy to Get Help

Healthcare When You Need it



24/7 Nurse Care Line

This is a great option when you just need advice, not an emergency room. Our registered nurses can answer questions about your family's health, including: cold and flu, sprains and cuts, medications, and much more.

1-844-50-NURSE



Retail Health Clinics

For care that's needed quickly and can't wait for a doctor, retail clinics—such as the MinuteClinic™ at CVS/Pharmacy®—are a convenient alternative to get care for minor illnesses and injuries, with extended hours, including nights and weekend. No appointment is needed.





Teaming Up for Your Health

Hearing Aid Discount from BeltoneNE™

You can take advantage of hearing aid discounts from BeltoneNE! Start with a free hearing screening at Your Blue Store™ Lincoln or at a local BeltoneNE store. If you need a hearing aid, you'll get a special discounted price.



GeoBlueSM Travel Health Insurance

*Planning travel outside the U.S.?
GeoBlue is for you!*

Healthcare can be unpredictable internationally and that's why Blue Cross has teamed up with GeoBlue* to offer international travel health insurance plans for individuals and groups. Only the top doctors and hospitals are chosen to participate, and language will be no barrier.

*GeoBlue is the trade name for the international health insurance programs of Worldwide Insurance Services, an independent licensee of the Blue Cross and Blue Shield Association.

Answers When You Need Them

Customer Service 7 Days a Week

We know that questions can pop up anytime, even on the weekends. So our team of health insurance specialists is ready to answer calls 7 days a week.

Online at bcbsri.com

We have many resources on our website to help find answers to common questions about membership and benefits.

Your Blue Touch RI mobile app

Easily access health benefits, remaining deductible and out-of-pocket amounts, doctors, and more.



In Bristol, Lincoln, and Warwick, you can get answers to your questions in person and take advantage of:

- An on-site nurse available for consultation (Warwick and Lincoln)
- Free community and wellness events
- Health screenings and classes

The Power of **bcbsri.com**

Manage Your Health Plan

Log in to your member account for these helpful tools:

My Cost Calculator – Compare costs for services and procedures at various providers or hospitals.

Benefits Center – View benefits, copays, coinsurance, and deductibles (if any).

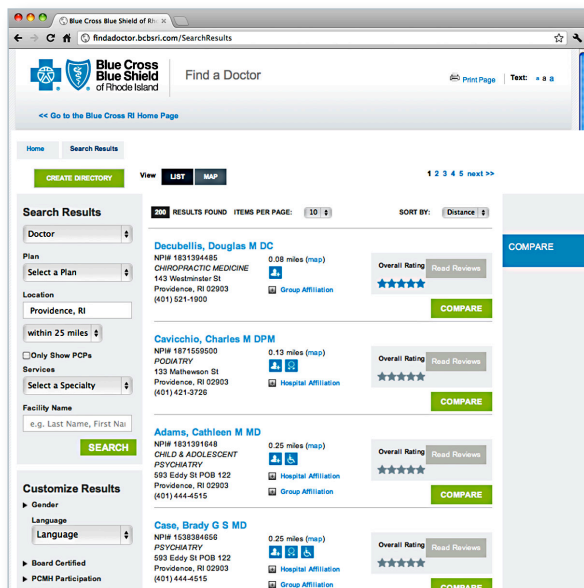
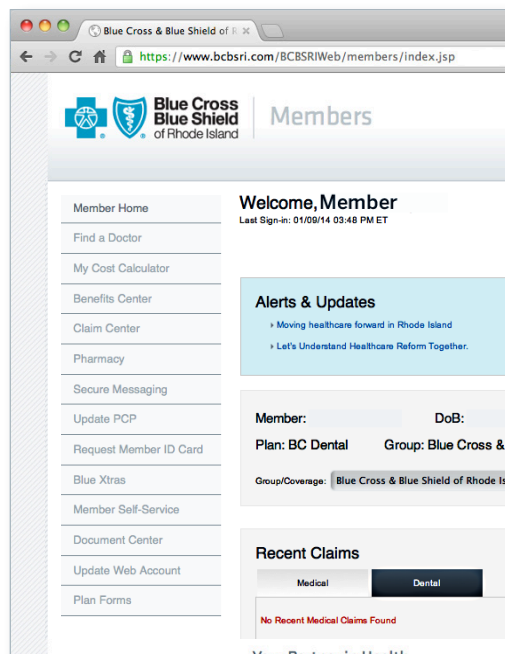
Your HSA – View your balance and contributions and pay claims directly online.

Claim Center – Review claims for the past 24 months.

Member Self-service – Update your information or request a new ID card.

Pharmacy – Find network pharmacies and check copayments and prescription coverage.

Secure Messaging – Send a message to Customer Service.



Learn & Take Action

These tools can help you improve your health and make informed healthcare decisions:

Health Assessment – Take a quick online assessment to get personalized recommendations to help improve your health.

Health Center – Browse our extensive knowledge-base of health information to find answers to many questions as well as enjoy interactive quizzes.

Find a Doctor Tool – Quickly and easily search for doctors and other healthcare providers by specialty, name, location, and more.

Provider Review Tool – From the Claim Center, read and write reviews on providers. Just click on the pencil icon next to the provider's name.

To Learn More

Log on to **bcbsri.com** OR call **(401) 459-5000**.



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Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.

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