

# Get the most from your benefits with [ibxpress.com](https://ibxpress.com)

With work, family, and friends, you don't always have the time or the resources to focus on your health. Our new and improved member website, [ibxpress.com](https://ibxpress.com), has all your benefits and claims information in one convenient location. By using the personalized tools, you can manage your health quickly and easily so that you get the most from your benefits.

## Get reliable health information

Searching for health information online can be frustrating and scary. There's so much available, how do you know what's really accurate? We've partnered with WebMD®, one of the most widely-recognized names in health information, to provide you with reliable, up-to-date information to make the decisions that are right for you.

**Provider Finder** and **Hospital Finder** help you find the participating doctors and hospitals that are best equipped to handle your needs. You can learn where your doctor went to medical school, his or her board certification, languages spoken, and more. You can compare hospitals based on experience, cost, patient satisfaction, and other factors important to you.

**Symptom Checker** provides a comprehensive tool to help you understand your symptoms – and what to do about them.

**Health Encyclopedia** provides information on more than 160 health topics and the latest news on common conditions.

**Treatment Cost Estimator** helps you estimate your costs for hundreds of common conditions – including tests, procedures, and health care visits, so you can plan and budget for your expenses.



## Get help getting healthy

Making a lifestyle change like losing weight or quitting smoking may seem overwhelming and costly, but [ibxpress.com](https://ibxpress.com) provides the tools you need to get started, set reachable goals, and track your progress – all for free.

**Personal Health Profile** – This powerful health assessment tool will give you a clear picture of what you are doing right and suggest ways to stay healthy. Just answer a few questions, and you'll receive an accurate, confidential, and personalized action plan.



**Independence  
Blue Cross**



**Lifestyle Improvement Programs** – These personalized, self-paced, step-by-step programs will help you improve your health. You'll find several different programs, such as exercise, weight management, nutrition, and smoking cessation, designed to inspire and support your positive health changes. These online programs combine proven tactics with the ultimate in privacy, security, and convenience.

**Health Trackers** – Chart your progress over time to help you stay motivated. Track blood pressure, cholesterol, body fat, and other health factors. Or customize the tool by adding a new Health Tracker for additional data you want to track – like test results, number of push-ups, etc.

## Get more from your doctor's visit

You only have a few minutes with your doctor, and you want to make the most of it. Use **ibxpress.com** to help prepare for your doctor's visit so you can feel confident that you'll get the information you need to effectively manage your health.

- Learn the questions to ask, such as medication interactions and options to treat your condition.
- Organize your health information with the Personal Health Record so you can provide your doctor with your complete health history.

- Find tips on what to do if you have a limited amount of time with your doctor.
- Understand what questions your doctor may ask you about your symptoms.

## Our enhanced **ibxpress.com** still offers all the great tools you've come to know:

- Review claims and get a tax-year report.
- View the Member Payment Responsibility report, which shows how much Independence Blue Cross paid for your claims and any amounts you may owe.
- Request and print a temporary ID card.
- View and print referrals, if needed, for your health plan.

## Log on or register today!

For more information, call **215-567-4002** or **1-800-626-6076**.

**www.ibxpress.com**



Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association. WebMD is an independent company offering online health information and wellness education to Independence Blue Cross members.