



Independence
Blue Cross

Membership Advantages

- Cash rewards
- Valuable discounts
- 24/7 Health Coach



Support when you need it most

Whether you're up in the middle of the night with a sick child or looking for ways to manage a long term condition, we can provide support and resources. You can be confident that the health information you get is reliable because we've partnered with WebMD®, one of the most widely recognized names in health information.

Treat everyday health concerns

- Find a doctor or hospital by looking up their credentials with the [Provider and Hospital Finder](#).
- Find information on hundreds of health topics and the latest news on common conditions in an online [Health Encyclopedia](#).
- Understand more about your symptoms – and what to do about them – with an online, interactive [Symptom Checker](#).
- Watch short, informative [video clips](#) on thousands of every day health topics like sleep apnea, exercise and fitness, and cold and flu.

Be proactive

- Get [educational materials](#) and [DVDs](#) mailed to your home.
- Receive [reminders for important screenings](#) and [immunizations](#) for you and your family.
- Share tips with other members on a variety of topics on our [interactive message boards](#).

Take care of your family

- **Before baby:** Receive support during your pregnancy with Baby BluePrints®, our maternity program. Or, if you're considering adoption, call for a free booklet to help with your decision.
- **New parents:** Get up to \$50 back for a parenting class, \$50 back on the purchase of a breast pump, and \$100 back for a visit from a lactation consultant.
- **Your children:** Understand more about immunizations for school and helping your kids make healthy choices at [Good2BMe.org](#).
- **Seniorlink Care:** Help when dealing with the health of a loved one with up to 25 percent discounts on membership fees and online resources for caregivers.

Make informed health decisions

- Get help with health concerns from the comfort of your own home by calling a [Health Coach](#). These specially trained health professionals can help you understand treatment options and questions to ask your doctor.
- Find a support network with our [case managers](#) who teach you and your family how to better manage your condition, develop a care plan, and follow up with you and your family to make sure you're on the right track.
- Estimate your costs for hundreds of common conditions – including tests, procedures, and doctors visits – with our online [Treatment Cost Estimator](#).
- Find quality providers for weight loss surgery, cardiac care, complex and rare cancers, knee and hip replacement, spine surgery, and transplant services through [Blue Distinction Centers®](#).

WebMD is an independent company offering health information and wellness education to Independence Blue Cross members.

Visit [ibx.com](#) or call 1-800-ASK-BLUE (1-800-275-2583).

To get started, visit ibx.com or call 1-800-ASK-BLUE.



Personal Health Record

Keep track of your health history with the Personal Health Record (PHR) on ibxpress.com. We'll automatically populate your PHR with health conditions, test, surgeries, and more each time we process a claim. Use it to have meaningful conversations with your doctors, share with caregivers, and to set reminders for preventive care.

Motivation and cash rewards for healthy living

Whether you're a self-starter who enjoys tracking your own progress, prefer one-on-one help, or get the most out of interacting with a group, we can help. Take advantage of everything your membership offers to reach and maintain your wellness goals.

Eat right

- **Reward** – up to \$200 back for the cost of Weight Watchers® or a hospital-based weight management program.*
- **eDiets®** – 25 percent off membership fees for an online diet and fitness program.
- **Jenny Craig®** – 30-day free trial and a \$99 six month membership plus the cost of food.
- **Nutrisystem®** – discounts on meals, complimentary exercise DVDs, a meal planner, and telephone counseling.
- **ibxpress.com** – free food journals, meal planners, articles, and daily lesson plans on eating right.

How am I doing?

Track your progress online at ibxpress.com with Health Trackers. Customize the tool by adding a new health tracker for information you want to track – like pounds lost or number of push-ups. Plus, see the positive effect your healthy behaviors have on your blood pressure, cholesterol, and body fat.

Get fit

- **Reward** – up to \$150 reimbursement for fitness center fees when you complete 120 visits in 365 days.*
- **Reebok®** – 20 percent off online purchases and free shipping, plus 15 percent off at outlet stores.
- **Westin® Hotels** – \$30 credit to use for a healthy breakfast and fitness center fees when you stay for two nights or more.
- **ibxpress.com** – learn how to tone your abs, do yoga poses, and find new exercises by watching online exercise videos.

Quit smoking

- **Reward** – receive up to a \$200 reimbursement for successfully completing a tobacco cessation program.*
- **Alternative Health** – get discounts of up to 25 percent on acupuncture to help you quit the habit.†
- **ibxpress.com** – track online the number of cigarettes you smoke each day and read articles on the benefits of quitting smoking.

Relax and reduce stress

- **Massage therapy** – get discounts of up to 25 percent at participating massage therapists.†
- **Fairmont Hotels and Resorts** – 10 percent discount on rooms.
- **Willow Stream Spas** – 10 percent discount on spa services and retail products.
- **ibxpress.com** – track your stress level and get tips for coping.

Visit ibx.com or call 1-800-ASK-BLUE (1-800-275-2583).

When it comes to your health, what's your plan?

Everybody wants to feel better, be healthier. Independence Blue Cross (IBC) can help you develop a plan for better health and can support you in getting there. Whether you're fit and want to stay that way, want to work out more or eat better, or fall somewhere in between, we're here for you every step of the way. Whatever your goals may be, IBC surrounds you with support, resources, and free, online tools to live healthier. We even help you save money, too.

With our wellness programs, we give you what you need to start your plan for better health. Our Healthy Lifestylessm programs offer reimbursements for making healthy changes. Blue365[®] offers discounts on everything from fitness equipment to hotels. And our Connectionssm Health Management Programs help you deal with everyday health concerns and chronic conditions.

Best of all, our programs are available to you free of charge[†] just for being a member. Get started on your plan for better health today.

Need help getting started?

Try our Personal Health Profile on ibxpress.com. This tool can help you see what you're doing right and identify what changes will most benefit your health. Answer a few questions, and you'll receive an accurate, confidential, and personalized action plan – all in about 15 minutes.



Have questions?

Visit us at www.ibx.com or call
1-800-ASK-BLUE (1-800-275-2583).

*These programs require enrollment. You must be a member of an Independence Blue Cross health plan for your entire 365-day program enrollment to receive your reimbursement.

†This benefit is part of the Blue365 program. There is no fee to use the Blue365 program. However, for access to certain vendors offering discounts, members may be required to pay an annual fee to get the vendor discount.

Independence Blue Cross wellness programs are value-added programs and services offered by independent companies. They are not benefits under the health care plan that you purchased and are therefore subject to change without notice.



We're here for you every step of the way.

 facebook.com/ibxfb  twitter.com/ibx