

# My Blueprint

blueprint

## Accessing your benefits

*Our online member portal puts your health plan's power in the palm of your hand*

What features of your health plan can you access and manage with the My Blueprint online member portal? Perhaps the better question is: "What can't you do with My Blueprint?"

You can log in on a smartphone, a tablet or a computer – wherever and whenever you want.

### With My Blueprint, you can access and/or manage:



#### Claims & Policy Info

- View individual claim information and claims documents
- See who's covered
- See what's covered
- Check your copay (a fixed amount you must pay for a covered service)
- View your healthcare spending details (see where you are on your deductible levels and out-of-pocket expense limits)
- Choose your primary care physician (PCP)



#### Member ID cards

- Access to your digital ID card and email, fax or print it
- Request an ID card electronically
- Speak to a customer service rep about an ID card issue



#### Your Personal Health Record

- Medications you've been prescribed
- A history of your outpatient and inpatient visits (including dates, symptoms, diagnoses, treatment, etc.)
- Your lab and radiology history (with dates and tests/imaging performed)
- Your immunization history
- A Personal Health Record summary you can save, print or share



#### Find Care & Costs

- Procedures (with cost estimates)
- Conditions
- Doctors, hospitals or facilities
- Pharmacies
- Durable medical equipment (DME)



Arkansas  
**BlueCross BlueShield**

An Independent Licensee of the Blue Cross and Blue Shield Association



## Pharmacy

- Your claims history
- Drug costs
- Your pharmacy orders (medicines you have received, prescriptions ready for refills, etc.)
- Your cumulative out-of-pocket prescription costs



## Blueprint Wellness

- Health risk assessment (HRA) or Wellbeing assessment
- Wellness progress tracking
- Access to a health library
- A nurse helpline
- Resources like action plans, challenges, decision tree for medical tests, search medical conditions and virtual coaching
- Health education
- Chronic condition management
- Case management



## Virtual Health

- Medical help for nonemergencies, via smartphone, tablet or computer
- Available 24x7
- Accessible from home – or around the globe
- Board-certified, state-licensed physicians (including pediatricians)
- Short wait times (usually 10 minutes or less)

So the next time you're wondering ... how much a tonsillectomy will cost you ... or when you started that blood pressure medicine ... or whether you've met your deductible ... just sign in or register for My Blueprint and take a look. The answers you need are all there at your fingertips.

## Registration is easy

Go to [arkansasbluecross.com](https://arkansasbluecross.com)

Select the **Member portal** tab then select the **Register** button.

Follow the instructions. All you need is your:

- Member ID or the last four digits of your Social Security number
- Name
- Date of birth

If you're already a My Blueprint user, simply enter your username and password to sign in and access your account.

On the go?



Download the My Blueprint Mobile App to view, print or email your ID card while you are in your doctor's office. You can also access many more features through the app to manage your health plan.

