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General Questions

1. Who is eligible to participate in the BWell Blue Point's program?

All active Blue Cross Blue Shield of Michigan and Blue Care Network employees and their spouses are eligible to participate. Life Secure and Accident Fund employees as well as contractors, temporary employees and interns are not eligible.

2. How do I participate in the program?

Again in 2024, participants must provide authorization and complete their online Health Assessment in order to be eligible for rewards. Complete details are found on Page 3.

3. I'm an employee but do not have medical, dental or vision coverage through BCBSM. Can I participate?

Yes. You will receive a BlueCross Health & Wellness[®] card in the mail and can use it to access the online portions of the Blue Points rewards program. Qualification forms are available online by logging into the Health & Wellness Portal at bcbsm.com. Please contact your insurance carrier to confirm that the office visit and labs necessary to complete a qualification form are a covered benefit. BCBSM and BCN will not cover this expense.

4. Can my spouse participate?

Yes, spouses are eligible to participate in Blue Points rewards. Please see Page 9 for details.

5. Are new hires eligible to participate?

New hires are eligible to participate in Blue Points; however, the Sep. 30 deadline still applies regardless of the new hire date.

New hires with a benefit effective date **on or before Sep. 30, 2024**, are eligible to receive a Fitbit tracking device and redemption for a Fitbit device is required on or before Dec. 31, 2024.

New hires with a benefit effective date **on or after Oct. 1, 2024**, will be eligible for a Fitbit device starting Jan. 1, 2025. Steps for the walking component will begin counting on the first day of the next quarter following your start date.





6. What activities can my spouse or I complete to earn a gift card?

Activity	Details	Points	Redemption
Provide authorization to submit your information at the WebMD site	 Jan. 1 through Sep. 30, 2024 To be eligible to for rewards, participants must provide authorization and complete their online Health Assessment. Step 1: Log on to bcbsm.com then click on the Health and Well-Being Tab, selecting WebMD Health Services from the drop-down menu. Step 2: Scroll down and click on GO TO WEBMD Step 3: Click VIEW DETAILS on the Rewards tile at the WebMD site. Step 4: Click on Complete Your Health Status Authorization and Health Assessment Step 5: Click the More button next to the Health Status Authorization. Step 5: Click I Did This next to the "Health Status Authorization" to be eligible for rewards. 		
Health Assessment	Jan. 1 through Sep. 30, 2024Step 1: Log on to bcbsm.com.Step 2: Click on the Take the Health Assessment tile to complete the onlineHealth Assessment.Step 3: Complete each page of the assessment. Click Save & Continue atthe bottom of each page before moving on.Step 4: Click Finish to be instantly taken to the Results page.	25	Points are redeemable for a \$25 electronic or plastic gift card.
Qualification Form	 Jan. 1 through Sep. 30, 2024 The exam date must be between July 1, 2023 and September 30, 2024. If the exam was not between those dates, the form will not meet the compliance requirements. The form must be received between July 1, 2023 and Sep. 30, 2024 	75	Points are redeemable for a \$75 electronic or plastic gift card.
Walking Program and/or Digital Health Assistant	 Jan. 1 through Sep. 30, 2024 Participate in the Walking program at WebMD and walk an average of 7,000 steps per day per quarter (for the first three quarters only). Steps must be uploaded by the 15th of the month following the end of the quarter. AND / OR Achieve the following designated 28-day Digital Health Assistant program goals at WebMD (for the first three quarters only) by the the last day of the quarter. 1st Quarter – Eat Better: Record eating habits are on track at least 21 out of 28 days. 2nd Quarter –Conquer Stress: Record a low level of stress on at least 21 out of 28 days OR Enjoy Exercise: Record at least 20-minutes of exercise for nine out of 20 days. 3rd Quarter - Feel Happier: Record a "happy" or "okay" mood on 21 of 28 days. 	150	Points are redeemable for a \$50 electronic or plastic gift card for each of the first three quarters only. Deadline to achieve Q1 reward 3/30/24. Deadline to achieve Q2 reward 6/30/24. Deadline to achieve Q3 reward 9/30/24.





7. How do I access my Blue Points rewards?

Your Blue Points account can be found at bcbsm.com.

• Log in as a member at bcbsm.com. If you have not already registered at the site, you must follow the registration process. If you do not have BCBSM or BCN medical, dental or vision coverage (through BCBSM) you will receive a Blue Cross Health & Wellness "wellness only" ID card in the mail that you can use to register at bcbsm.com.

• At your home page at bcbsm.com, select the *Health & Well-Being tab* and *WebMD Health Services* from the drop-down menu. Scroll down and click on the *GO TO WEBMD*. You will then be directed to the WebMD site.

8	Blue Cross Blue Shield Blue Care Network of Michigan					Notifications He Account Settings • Messages Log 0
🖷 Home	My Coverage 👻	Claims -	+ Doctors & Hospitals -	♥ Health & Well-Being ◄	Forms	
Welcome,			WebMD ^e Health Services Blue365 ^e member discounts	>		
6 w	hat you need to know at	bout the coronavir	us, COVID-19. Learn more	BCBSM BWell program	_	



• At the WebMD site, click *VIEW DETAILS* on the Rewards tile.



8. How quickly can I redeem points after I completed the activity? Points for completed activities will post within 10 business days.

9. When can I redeem my points?

Employees can redeem points through 5 p.m. Eastern time Dec. 31, 2024. Any point balance remaining after Dec. 31 will be forfeited.

10. How do I redeem my points?

Please see page 9 for step-by-step instructions on how to redeem gift cards.





11. I didn't receive my electronic gift card. What should I do?

Contact the Engagement Center at 1-800-775-2583 or email <u>BlueCrossHealthandWellness@bcbsm.com</u>.

12. Do I need to report the Blue Points reward on my income taxes?

No, BCBSM reports this for you. BCBSM covers the cost of the taxes for employees. The reward amount will appear on your paycheck with the taxes included and will be reported on your W2 form. Spouses are responsible for claiming the rewards they earn. Rewaards are considered taxable income.

13. What happens if my employment with BCBSM ceases, or I retire?

Employees who become inactive (leave the company, terminated, retire) must redeem their points before their coverage end date. Employees will not be sent a gift card for any unredeemed points.

REQUIREMENTS

1) Provide Authorization to submit your information at the WebMD site by Sep. 30, 2024.

To be eligible for rewards, participants must provide authorization to complete their online Health Assessment. Authorization is given at the rewards tab on the WebMD site. **The Authorization must be completed annually between Jan. 1 and Sep. 30.**

Step 1: Log on to **bcbsm.com** then click on the *Health and Well-Being* tab, selecting *WebMD Health Services* from the drop-down menu.

Step 2: Scroll down and click on GO TO WEBMD

Step 3: Click *View Details* on the Rewards tile at the WebMD site.

Step 4: Click on Complete Your Health Status Authorization and Health Assessment

Step 5: Click the *More* button next to the Health Status Authorization.

Step 6: Click "I Did This" under the Health Status Authorization by September 30, 2024.

2) Complete your online Health Assessment at bcbsm.com by Sep. 30, 2024.

By completing the online Health Assessment, you will get a picture of your overall health, suggestions on healthier choices, and find out if you are at risk for chronic conditions such as diabetes or heart disease. The online Health Assessment must be completed annually between Jan. 1 and Sep. 30. If you completed your health assessment prior to January 1, 2024, you need to take it again.

Employees with the Healthy Blue Living[™] medical plan

Healthy *Blue* Living and BWell use the same online Health Assessment. Remember, for Healthy *Blue* Living you need to complete it by the deadline established by your medical plan.

Employees with the Healthy *Blue* Living medical plan who score all A's in a prior year will be credited for their Health Assessment and do not need to complete it again.

Spouses with the Healthy *Blue* Living medical plan are required to complete the online Health Assessment and BCBSM <u>standard</u> physician qualification form to earn Blue Points Rewards, regardless of their 2023 status level. Spouses are not required to complete these items for their medical plan.





Physician Qualification Form

Have your annual physical examination and submit your completed Qualification Form by Sep. 30, 2024. Exam dates between July 1, 2023, and September 30, 2024, will count toward the reward.

Employees with the Healthy Blue Living[™] medical plan

If you have to complete the Physician Qualification form for your medical insurance plan for the 2024 plan year, this form will count for your insurance plan as well as the Blue Points Rewards program. If you are an employee with the Healthy *Blue* Living medical plan and you scored all A's in a prior year, you will be credited for your Physician Qualification form and do not need to complete it again. Your points will be posted by April 30, 2024.

Spouses with the Healthy *Blue* Living medical plan are required to complete the online Health Assessment and BCBSM <u>standard</u> physician qualification form to earn Blue Points rewards, regardless of their 2023 status level. Spouses are not required to complete these items for their medical plan.

1. An office visit is required to complete my Qualification Form. Is the office visit covered under my medical plan?

An annual preventive exam is covered for employees and spouses that have medical coverage through BCBSM or BCN.

An annual visit may not be covered for dental- or vision-only employees as well as those who opt out of coverage. These employees should contact their medical provider for more information. Employees are responsible for all medical charges.

Please note: The Cotinine test on the smoking section of the form is not required for Blue Points and may not be covered by your insurance.

2. How will I receive my qualification form?

Qualification forms are available online by logging into the Health & Wellness Portal at bcbsm.com. Employees who have the BCN Healthy Blue Living plan must have their physician submit their form electronically.

Medical Plan	Employee Physician Qualification Form	Spouse Physician Qualification Form
-Simply Blue HSA -BCBSM Dental and Vision Only -Wellness Only Access -Simply Blue PPO \$500	 BCBSM <u>STANDARD</u> Qualification Form is available online at bcbsm.com. Click the Forms tab. Then, select Qualification Form. Employee must return form via fax at 1-866-392-6496. Mailed forms will not be accepted. 	 BCBSM <u>STANDARD</u> Qualification Form is available online at bcbsm.com. Click the Forms tab. Then, select Qualification Form. Spouse must return form via fax at 1-866-392-6496. Mailed or electronically submitted form will will not be accepted.
BCN Healthy <i>Blue</i> Living HMO	-Electronic BCN Qualification Form is submitted by physician for employee only.	-BCBSM <u>STANDARD</u> Qualification Form is available online at bcbsm.com. Click the Forms tab. Then, select Qualification Form. -Spouse must return form via fax at 1-866-392-6496 -Mailed or electronically submitted form will not be accepted. Spouses use the STANDARD Qualification form NOT the Healthy Blue Living HMO BCN Qualification Form.



Participants will need to sync their Fitbit or compatible tracking device at the WebMD platform within the device integration center. The WebMD platform is compatible with hundreds of fitness tracking devices including Fitbit, Jawbone and Garmin. *Please note, devices are subject to change at any point in time due to the ever-changing market landscape within the device industry.*

To sync your device:

- Log in as a member at **bcbsm.com**.
- Select the Health and Well-Being tab and WebMD Health Services from the drop-down menu. Scroll down and click on GO TO WEBMD to be directed to the WebMD platform. If this is your first time on the WebMD platform, you will need to accept the terms and conditions as well as set your preferences.
- Click on *DEVICE/APPS* at the top of the page.
- Choose your device and click on *Connect*. Follow the steps provided to connect your account.

1. How do I sign up for the walking program?

There is no sign up required to participate, but you must sync your compatible device at the WebMD platform in order for your steps to count toward the Blue Points rewards program.

2. How do I receive a Fitbit?

BCBSM does not cover the cost of a replacement Fitbit. Employees and spouses are responsible for obtaining a tracking device of their choice.

New hires with a benefit effective date on or before Sep. 30, 2024 are eligible to receive a Fitbit tracking device and redemption for a Fitbit device is required on or before Dec. 31, 2024. New hires with a benefit effective date on or after Oct. 1, 2024 are eligible for a Fitbit device starting Jan. 1, 2025.

Spouses of new hires can receive a \$25 discount on one Fitbit device. Employees and spouses can choose to upgrade to a different model and pay the difference.

- Log in as a member at bcbsm.com.
- Select the Health and Well-Being tab and WebMD Health Services from the drop-down menu. Scroll down and click on GO TO WEBMD to be directed to the WebMD platform. If this is your first time on the WebMD platform, you will need to accept the terms and conditions as well as set your preferences.
- Select the *My Sponsor* tab.
- Scroll down and click on the *Have you ordered your Fitbit?* tile.
- Select the Fitbit model and color of your choice and click "add to cart". The Fitbit Inspire are free to employees.
- Verify your model and color is in stock. If it is back ordered, you may want to make another selection.
- Select shipping method (free shipping is included; expedited or overnight shipping is paid for by employee or spouse).
- Enter your shipping address; click "Next" and review your order.
- Check the box to agree to the terms of sale and privacy policy.
- Select "Place your order" to complete.



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3. Is there a charge to upgrade to a different model? How much will it cost me?

Yes. The price to upgrade to a different model is reflected in your health and wellness account at bcbsm.com, when you place your order.

4. I participate in the BCN Healthy Blue Living[™] WebMD walking program. Will my steps count for Blue Points rewards?

Steps synced from a single compatible device to the WebMD platform will count toward both the BWell Blue Points Rewards program as well as your requirements for the Healthy Blue Living program. Make sure your device is synced to the WebMD platform. Please note the step criteria for BWell is 7,000 steps per day and the Healthy Blue Living[™] requirement is 5,000 steps per day.

5. How do I upload steps?

When you receive your Fitbit device, upload steps from your tablet or mobile device via the Fitbit app. Fitbit is available on certain iOS or Android devices. Download the Fitbit App at iTunes, Google Play or the Windows Store.

6. How often do I need to upload my steps?

Steps must be uploaded by the 15th of the month following the end of the quarter.

7. Will I receive replacement batteries?

Employees or spouses are responsible for purchasing replacement batteries.

8. Will my activity tracker results be shared with BCBSM?

BCBSM will only receive a file of participants who did and did not complete the program.

9. I lost my tracking device (or my device no longer works). Can I get a replacement?

BCBSM does not cover the cost of a replacement Fitbit. Employees should contact Fitbit at <u>Fitbit.com/returns</u> to inquire about the warranty. Fitbit customer support can be reached at 1-877-623-4997. Phone lines are open 7 a.m. to midnight. Customer support is also available at <u>https://contact.Fitbit.com</u>.

10. I am unable to complete the walking requirement due to a medical condition. Am I eligible for the incentive?

Yes. BWell offers the Digital Health Assistant programs as an alternative to the walking program to earn BWell Blue Points Rewards.

Digital Health Assistant Program

WebMD Digital Health Assistant programs are fully integrated into the Blue Cross[®] Health & Well-being online platform and focus on actions that participants can take to achieve weekly healthy goals.

1. What Digital Health Assistant Programs have been designated?

Each quarter (for the first three quarters only), the following 28-day Digital Health Assistant programs are available for the BWell Blue Points Rewards.

- 1st Quarter Eat Better
- 2nd Quarter Conquer Stress or Enjoy Exercise
- 3rd Quarter Feel Happier





2. How do I sign up for the Digital Health Assistant program?

Sign up for the Digital Health Assistant program by logging into your health and well-being account at **bcbsm.com**. Click on the Hamburger Menu (three horizontal lines) in the upper right-hand corner. Select *Resources* > *My Health Assistant* tile > *Manage My Goals*. Then select the designated Digital Health Assistant program during the designated quarter.

3. How do I participate in the Digital Health Assistant program?

After selecting the designated Digital Health Assistant, click on Create Goal and click on Yes to create goal. The goal completion criteria will display. Click on Track My Participation to record your participation throughout the 28-days.

For easy tracking, the Digital Health Assistant tile will appear on the home page of your WebMD account.

4. How do I earn the Digital Health Assistant program reward?

You must achieve the designated 28-day Digital Health Assistant program goal completion criteria in order to earn the BWell Blue Points Rewards (for the first three quarters only).

- 1st Quarter Eat Better: Record eating habits are on track at least 21 out of 28 days.
- 2nd Quarter Conquer Stress: Record a low level of stress on at least 21 out of 28 days OR Enjoy Exercise: Record at least 20-minutes of exercise for nine out of 20 days.
- 3rd Quarter Feel Happier: Record a "happy" or "okay" mood on 21 of 28 days.

5. When do I need achieve the goal criteria by?

Designated Digital Health Assistance goal criteria must be achieved by the last day of the quarter.

- 1st Quarter Eat Better: March 30, 2024
- 2nd Quarter Conquer Stress or Enjoy Exercise: June 30, 2024
- 3rd Quarter Feel Happier: September 30, 2024

6. Are there other Digital Health Assistant programs available?

Yes, but they are not eligible for BWell Blue Points Rewards.

Additional questions regarding the walking program or the Digital Health Assistant program should be directed to the Engagement Center at 1-800-775-2583 or <u>BlueCrossHealthandWellness@bcbsm.com</u>.

Additional gift card information

1. How are rewards delivered?

Redemptions for electronic gift cards are delivered via email and plastic gift cards are delivered via standard First-Class Mail.

2. Do gift card <u>links</u> expire?

Participants have 90 days to redeem their gift card from the moment they click on "confirm email address" within the rewards page of WebMD. *It is highly recommended to click on the link as soon as it is received to avoid redemption delays.*



WebMD health services

link to redeem your prepaid card. The link expires 90 days after you receive it, so convenience. Your Confirmation number is

After the 90 days there is only a 60-day grace period from the expiration date to be able to extend a reward. After the grace periods, there is a process to file a grievance or appeal or a complaint by calling DaVinci Customer service number at 1-866-230-3809.





3. Do gift cards expire?

Both plastic and electronic gift cards are valid for one year from the time of redemptions.

4. What happens if I do not receive my electronic gift card? Please email <u>BlueCrossHealthandWellness@bcbsm.com</u> or call 1-800-775-2583.

4. What happens if I lose my plastic gift card?

There are no replacements for lost or stolen gift cards.

Spouses

1. Can my spouse participate in the BWell Blue Point's rewards program?

Yes, if your spouse is covered under your medical, dental or vision plan he or she can participate using your current Enrollee ID number. If you opt out of coverage, you and your spouse will be given a BCBSM "wellness only" (Blue Cross Health & Wellness[®] access) card so you can access the Health Assessment online, track incentives and earn Blue Points rewards.

2. Can my spouse participate if he or she is not covered under my benefits?

Yes, if your spouse is not covered under your benefits, you will need to contact the Employee Services mailbox (EmpSvc@bcbsm.com) with your employee ID# and your spouse's full name, date of birth and Social Security number. Your spouse will then be given a BCBSM "wellness only" (Blue Cross Health & Wellness access) card so he or she can access the Health Assessment online, track incentives and earn Blue Points rewards.

3. How does my spouse participate?

Your spouse will need to log in to his or her personal account at **bcbsm.com**. If covered under your medical, dental or vision plan, the Enrollee ID# from your medical card can be used to create a separate account for your spouse. If your spouse received a "wellness only" card, the Enrollee ID# from that card can be used to create an account at **bcbsm.com**.

Once your spouse has logged in to **bcbsm.com**, select the *Health & Well-being* tab and *WebMD Health Services* from the drop-down menu. Scroll down and click on *GO TO WEBMD* to be directed to the WebMD site.

4. If I get married during the year, can my new spouse participate in the BWell program? Yes, a new spouse can participate with the same guidelines as a new hire.

5. Does my spouse need to claim the gift cards on his or her income taxes?

Yes, it is the responsibility of the spouse to claim the reward. Incentives are considered taxable income.





How to redeem an electronic gift card through the Blue Cross® Health & Wellness website

Follow this step-by-step guide to redeem your electronic gift cards.

Congratulations! You've completed an eligible activity and earned an electronic gift card. You can redeem it from the Blue Cross Health & Wellness website. First, go to bcbsm.com and log in to your member account. Once you've logged in, click on the *Health & Wellness* tab, then click on the *Rewards* tab. Once you're in the Rewards lobby, here's what you need to do:

- Scroll to the completed activity and enter your email address information (this may already be populated). Click Next.
- 2. Review your email address. If it's correct, click Confirm. If it's not, click Edit.
- The confirmation will populate and redemption activity will be shown as complete.

4. You'll receive a confirmation email from Blue Cross Health &

Wellness at the email address you confirmed in Step 2.

WebMD health services

d Quarter Walking Prop

Qualification Form Reward

Redeem your Bonus Walking Program

Is this correct?

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185

\$75

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Congratulational You have earned your reward for completing your requirements. Please check your email for your relatib & Wellness e-gift card. You will receive the email from notifications@prepaidigitalsolutions.com within 24 to 08 hours.



















We speak your language

If you, or someone you're helping, needs assistance, you have the right to get help and information in your language at no cost. To talk to an interpreter, call the Customer Service number on the back of your card.

Si usted, o alguien a quien usted está ayudando, necesita asistencia, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al número telefónico de Servicio al cliente, que aparece en la parte trasera de su tarjeta.

إذا كنت أنت أو شخص آخر تساعده بحاجة لمساعدة، فلديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك دون أية تكلفة التحدث إلى مترجم اتصل برقم خُدمة العملاء الموجود على ظهر بطاقتك

如果您,或是您正在協助的對象,需要協助,您有權利免費以您的母語得到幫助和訊息。要洽詢一位翻譯員,請撥在您的卡背 面的客戶服務電話。

محقبل ملآء رغمتيك مالمعند مخمه مالغني رفطبلغ مالمعمة مغملكبم رفلسلا ، مالنية رفلا بعبسه, رفلامنمية مقفي بنا بن رفلسلا رير. رممفطعه مريت لخ متتي رفطبله لخ رفنه محتر المحم بنه من مح ملاحيهما.

Nếu quý vị, hay người mà quý vị đang giúp đỡ, cần trợ giúp, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi số Dịch vụ Khách hàng ở mặt sau thẻ của quý vị.

Nëse ju, ose dikush që po ndihmoni, ka nevojë për asistencë, keni të drejtë të merrni ndihmë dhe informacion falas në gjuhën tuaj. Për të folur me një përkthyes, telefononi numrin e Shërbimit të Klientit në anën e pasme të kartës tuaj.

만약 귀하 또는 귀하가 돕고 있는 사람이 지원이 필요하다면, 귀하는 도움과 정보를 귀하의 언어로 비용 부담 없이 얻을 수 있는 권리가 있습니다. 통역사와 대화하려면 귀하의 카드 뒷면에 있는 고객 서비스 번호로 전화하십시오.

যদি আপনার, বা আপনি সাহায্য করছেন এমন কারো, সাহায্য প্রয়োজন হয়, তাহলে আপনার ভাষায় বিনামূল্যে সাহায্য ও তথ্য পাওয়ার অধিকার আপনার রয়েছে। কোনো একজন দোভাষীর সাথে

কথা বলতে, আপনার কার্ডের পেছনে দেওয়া গ্রাহক সহায়তা নম্বরে কল করুন

Jeśli Ty lub osoba, której pomagasz, potrzebujecie pomocy, masz prawo do uzyskania bezpłatnej informacji i pomocy we własnym języku. Aby porozmawiać z tłumaczem, zadzwoń pod numer działu obsługi klienta, wskazanym na odwrocie Twojej karty. Falls Sie oder jemand, dem Sie helfen, Unterstützung benötigt, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer des Kundendienstes auf der Rückseite Ihrer Karte an.

Se tu o qualcuno che stai aiutando avete bisogno di assistenza, hai il diritto di ottenere aiuto e informazioni nella tua lingua gratuitamente. Per parlare con un interprete, rivolgiti al Servizio Assistenza al numero indicato sul retro della tua scheda. ご本人様、またはお客様の身の回りの方で支援を必要とされる方でご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳とお話される場合はお持ちのカードの裏面に記載されたカスタマーサービスの電話番号までお電話ください。

Е с л и вам или лицу, которому вы помогаете, нужна помощь, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону отдела обслуживания клиентов, указанному на обратной стороне вашей кар т ы.

Ukoliko Vama ili nekome kome Vi pomažete treba pomoć, imate pravo da besplatno dobijete pomoć i informacije na Vašem jeziku. Da biste razgovarali sa prevodiocem, pozovite broj korisničke službe sa zadnje strane kartice.

Kung ikaw, o ang iyong tinutulungan, ay nangangailangan ng tulong, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa numero ng Customer Service sa likod ng iyong tarheta.

Important disclosure

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. Blue Cross Blue Shield of Michigan and Blue Care Network provide free auxiliary aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and information in other formats. If you need these services, call the Customer Service number on the back of your card. If you believe that Blue Cross Blue Shield of Michigan or Blue Care Network has failed to provide 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 available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail, phone, or email at: U.S. Department of Health & Human Services, 200 Independence Ave, S.W., Washington, D.C. 20201, phone: 800-368-1019, TTD: 800-537-7697,

email: OCRComplaint@hhs.gov. Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.