

# Watch free videos online for ways to save money and time!



We're making it easier to understand and use your health coverage. Take a look at these quick videos that offer helpful tips on the key things to know, so you're able to get the most value from your benefits—and make the best decisions for you and your family's health. And a healthy family is a happy family!

## Online and easy to find

When you go to [floridablue.com](http://floridablue.com), just click on **Members** at the top of the page, then **Member Tips and Tools** near the bottom.

## Get answers, advice and personal support—your way

We know how important it is to get quick answers to your health care questions. Find out more about our team of experts that are ready to talk with you one-on-one in person or on the phone, to help you get the best care at the best price. It's personal support you can count on!

## Save time and money when you choose an in-network provider

Lower your medical costs by staying in-network. Learn how to easily choose from an extensive network of quality providers in your community, close to where you live and work.

## Get a wellness exam to help keep you healthy!

There are preventive steps you can take to stay healthy. Using your preventive and routine wellness benefits won't raise your premium. And check your health plan benefits; there may not be a cost for preventive care.

## Get a Free health snapshot—a Personal Health Assessment

Find out how you can get a FREE, easy and confidential snapshot of your health and change your life for the better.

## Compare costs and save—know before you go!

Need to know what your next doctor visit will cost? Need an MRI, CT scan or surgery? Find out about our personal support and online tools that can help you compare quality and costs for doctors, testing, procedures and prescriptions. We can help you make the best choices for you and your budget.

## Get online and get saving with Blue365!

Find out how you can get exclusive member discounts<sup>1</sup> that can save you up to 50% on weight management and fitness programs, glasses, contacts and more. So, while you're getting healthy, you're also getting savings.

## We are here to help!

**Call** 1-888-476-2227

**Click** [floridablue.com](http://floridablue.com) and log in to your member account

**Visit** a Florida Blue Center – find one near you at [floridablue.com/centers](http://floridablue.com/centers)

**Florida Blue**

In the pursuit of health<sup>®</sup>

Florida Blue is an Independent Licensee of the Blue Cross and Blue Shield Association.

<sup>1</sup>Blue365<sup>®</sup> offers access to savings on items that members may purchase directly from independent vendors. Blue365 does not include items covered under your policies with Florida Blue or any applicable federal health care program. To find out what is covered under your policies, call Florida Blue. Blue Cross and Blue Shield Association (BCBSA) and local Blue companies may receive payments from Blue365 vendors. Neither BCBSA nor any local Blue company recommends, endorses, warrants or guarantees any specific Blue365 vendor or item. For more information about Blue365, go to [floridablue.com](http://floridablue.com).