

# Welcome to a health plan that works for you

Your guide to getting the most from your health insurance

Wellmark is here to support you with:



You are now protected by the national Blue Cross® and Blue Shield® network that **insures more than 100 million Americans**. As a leader in the health insurance industry for more than 85 years, **Wellmark®** has built a reputation of providing quality health care coverage and reliable customer service.

Our long-standing relationships with hospitals, physicians and other health care professionals give you more choices through our **large provider network**. Our market-leading tools and services make us easy to do business with, help you **manage your health care costs** and live a healthier life.

connect with us

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# Making the most of your Wellmark benefits

This guide will help you engage with Wellmark before, during and after using your benefits, so you get the most from your health plan. We're committed to providing education, tools and resources that help you improve your health and live a better life. This includes:

**Learning about health insurance:** Knowing a basic **glossary** of insurance terms like “deductible,” “coinsurance” and “copay” helps you understand your coverage better and eliminate future frustration.

**Saving money by staying in-network:** Learn what a network is, the advantages of seeing in-network health care providers and how to find them.

**Knowing your plan details:** Discover what products and services are covered before you see your doctor or visit the hospital.

**Establishing a relationship with your provider:** Cultivating a long-term relationship with a designated primary care provider (PCP) allows them to get to know you, your health history and your health needs.

**Accessing free tools and resources to maximize your benefits:** Wellmark members have access to self-serve digital tools, health and wellness support and exclusive discounts.

**Focusing on the six elements of your well-being:** Get tips to improve your physical, career, financial, social, community and emotional health.

This guide is not your official plan document, which provides specific details about covered and non-covered services. Use one of the three ways below to access your official plan documents.

### How to view your official plan documents

1. Log in to [myWellmark.com](https://mywellmark.com) and select the Coverage section.
2. Go to [SBCCMFinder.Wellmark.com/Search](https://sbccmfinder.wellmark.com/Search).
3. Reach out to your employer to obtain your official plan document.

# Get started by setting up a myWellmark® account



myWellmark is the key to unlocking your personal health care information — no matter your location — with tools, resources and insights to help you manage health care spending and live a healthier life.

## Use myWellmark, our secure online member portal, to:

- Find information related to your specific benefits.
- Estimate the cost of care for the most common procedures and services.
- Find an in-network doctor or provider and select your primary care provider (PCP).
- View recent claims and health care spending.
- Access your ID card and request a replacement.
- Get electronic documents quickly and securely.
- View your year-to-date spend report.
- Get insights to manage your well-being.
- Find mental health resources.



Register today for myWellmark at [myWellmark.com](https://mywellmark.com).

**The best part? It's free.**

# Knowing your network saves you money



In-network health care providers are practitioners, facilities and other health care professionals who Wellmark has made agreements with to give you the best prices possible. This means you won't be billed for differences between the provider's charge and our **maximum allowed amount**.

## Network advantages for you

With Wellmark, you get access to one of the largest provider networks. You have the choice to use any doctor or hospital, but choosing an in-network provider has several advantages:

- Lower out-of-pocket costs.
- Referrals aren't required by Wellmark, so you can easily see specialists.
- Waived deductibles for eligible office visits (unless you have a high-deductible health plan).
- Your out-of-pocket costs apply toward your deductible or out-of-pocket maximum.
- In-network providers handle claim filing and insurance approval tasks for you.

In or out of network, you are always covered in the case of an emergency. However, you can avoid higher out-of-pocket expenses by visiting your designated PCP or an urgent care provider for minor, non-emergency situations.



By staying in-network, you get the best possible:

- Providers
- Hospitals
- Prices

## Looking for more ways to pay less for your health care?

Read more about the **simplest way** to keep your costs down.

# Wellmark Health Plan of Iowa



Your network is the Wellmark Health Plan of Iowa network. This network gives you access to more than 32,000 providers in Iowa.<sup>1</sup>

## See a primary care provider (PCP) for better health outcomes and less hassle

Your PCP manages and coordinates your health care needs. Advantages of seeing a PCP include:

- Establishing a long-term relationship with a single health care provider will help them to know you, your health and your health history.
- Your PCP will manage your health care needs and maintain your medical records.
- PCPs assist with a wide range of medical conditions and are committed to improving your health.
- PCPs can connect or refer you to other in-network providers.
- Some benefit plans may have a variation in benefit costs when you establish and visit a designated PCP. Please review your benefit plan material or visit [myWellmark.com](https://mywellmark.com) for benefit details.

Preventive services are \$0 out-of-pocket when received from any in-network provider.

<sup>1</sup> Wellmark Blue Cross and Blue Shield network numbers as of April 2024.

<sup>2</sup> Blue Cross Blue Shield, The Health of America Report®



Did you know only  
**61 percent**  
of millennials have  
a PCP compared to  
**91 percent**  
of Gen X<sup>2</sup>?

## How to find, select or change your designated PCP

- Simply log in to [myWellmark.com](https://mywellmark.com) to search for and select a PCP from our list of in-network general/family practice physicians, internists, nurse practitioners, physician assistants, geriatricians, or pediatricians.
- Need to make a change? You can update your PCP designation at any time on [myWellmark.com](https://mywellmark.com).

## Find the best in-network providers

Locate in-network providers by visiting **myWellmark** and selecting **Find Care** on the Care & Costs menu.

Looking for the best in specialty care? You can search for top medical facilities that have earned a **Blue Distinction®** designation. These facilities have a proven history of delivering higher-quality specialized care and better overall patient results by meeting strict, predetermined quality standards developed by medical experts and providers.

Select **Find Care** on the Care & Costs menu in myWellmark and look for the **Find a Blue Distinction Center** link.



Locate in-network providers by visiting **myWellmark** and selecting **Find Care** on the Care & Costs menu.





## Get coverage out-of-state with guest membership

Guest membership allows you and your covered dependents to receive services from participating Blue Cross and Blue Shield hospitals and health care providers when traveling or residing outside Iowa, but still within the United States, for at least 90 consecutive days.

Guest membership is a valuable benefit for:

- Dependents attending school full time, out of state, at an accredited institution.
- Members traveling for at least 90 consecutive days.
- Family members who reside in another state but are covered under the same health plan.

### How to request and use your guest membership:

1. Call customer service at the number on the back of your ID card if you or your dependent will be living away from home for at least 90 consecutive days.
2. Locate and use in-network providers by calling 800-810-BLUE (2583) or by visiting [bcbs.com](https://bcbs.com) and searching for providers in the BlueCard® Traditional network.
3. Always present your Wellmark ID card upon receiving services.
4. Call the number on your ID for inpatient admissions, home health services, hospice services and home infusion therapy, as they require precertification.
5. Contact your employer to switch plans if you change your permanent residence from Iowa.
6. Call or email customer service for address changes or when you return to Iowa.
7. Only use non-emergency benefits for the state where you signed up for guest membership.

## Show your Wellmark ID card in and out of Iowa

This ensures providers bill you appropriately.

1. Every contract holder has an identification number. It starts with a three-character prefix that identifies your Blue Cross and Blue Shield plan and is followed by your personal identification number.
2. The name of your health plan appears here.
3. The amount of your deductible and/or out-of-pocket maximum.

		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">2</span> Wellmark <b>Blue HMO</b> <sup>SM</sup>	
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">1</span> Jennifer Samplename <b>W0000001</b>		In Network Indv\$/Fam\$	Out of Network Indv\$/Fam\$
Group No.	<b>12345</b>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span> DED	<b>XXXX/XXXX</b>
RXBIN	<b>001234</b>	OPM	<b>XXXX/XXXX</b>
RXPCN	<b>ABC</b>	Full plan details and cost share info available on mobile app or at wellmark.com.	
RXGRP	<b>RX1234</b>		
Plan Code	<b>123-456</b>		

**FRONT**

The back of your ID card includes information to:

1. Assist you with health plan questions.
2. Notify Wellmark before receiving home health care services or admission to a facility.
3. Get your health care and wellness questions answered around-the-clock.

		<a href="http://www.wellmark.com">www.wellmark.com</a>	
Members: See your benefits document for covered services. Possession of this card does not guarantee eligibility for benefits.		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">1</span> Customer Service: <b>1-800-892-2397</b>	
Hospitals or physicians: File claims with your local Blue Cross and Blue Shield Plan.		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">2</span> Precertification: <b>1-800-558-4409</b>	
Wellmark Blue Cross and Blue Shield of Iowa is an independent licensee of the Blue Cross and Blue Shield Association, provides administrative claims payment services only and does not assume any financial risk or obligation with respect to claims.		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">3</span> BeWell 24/7 Nurse Support: <b>844-84 BEWELL (239355)</b> Pharmacist Helpline: <b>1-800-600-8065</b>	

**BACK**



Your ID card is the link to emergency care when you're away from home.

To be eligible for benefits, show your ID card to any Blue Plan participating hospital or provider.

## BeWell 24/7<sup>®</sup> Nurse Support

Get help for any health-related question, day or night, by calling BeWell 24/7 Nurse Support, a free service available exclusively to Wellmark members.

For illustrative purposes only. Depending on your plan, phone numbers, amounts and other details may be different and there could be more or less information on your Wellmark ID card.

# Virtual visits offer you fast, convenient and safe care



Feel like you don't have time to go to the doctor? With Doctor On Demand<sup>®</sup>, you can video chat with a board-certified doctor from anywhere using a smartphone, tablet or computer on your schedule.

## Why see a doctor online?

- Less waiting — the average wait time is under 10 minutes.
- No need to leave home or work to see a doctor.
- 4.9 star rating out of 5 from more than 28,500 customers with more than 1 million visits.

## Visit Doctor On Demand and get prescriptions<sup>1</sup> for

- Cold and flu symptoms
- Bronchitis and sinus infections
- Urinary tract infections
- Sore throats
- Allergies
- Fever
- Headaches
- Pink eye
- Skin conditions
- Mental health support<sup>2</sup>

<sup>1</sup> Doctor On Demand physicians do not prescribe Drug Enforcement Administration-controlled substances, and may elect not to treat conditions or prescribe other medications based on what is clinically appropriate.

<sup>2</sup> For plans that include benefits for mental health treatment, Doctor On Demand benefits may include treatment for certain psychological conditions, emotional issues and substance use disorder. Services performed by Doctor On Demand clinicians are covered. For more information, call Wellmark at the number on your ID card or call Wellmark Customer Service.



Visit

[DoctorOnDemand.com/Wellmark](https://www.DoctorOnDemand.com/Wellmark)

or your app store to register and download the app for free today!



## Get the most from your pharmacy benefits

With drug costs continuing to rise, our integrated medical and pharmacy programs focus on drug safety, effectiveness and cost reduction to reduce your overall health care costs without sacrificing performance. Our ultimate goal is to get you the best care for your dollar.

That's why your prescription drug plan with Wellmark is simple and straightforward. There are different coverage levels depending on what "tier" a drug is assigned to on the Wellmark Drug List. The lower the tier, the less you pay out of pocket.

The **Wellmark Drug List** of generic and brand-name drugs helps guide you and your providers to select the most appropriate medication for the best price. Created and managed by a team of doctors and pharmacists, new and existing drugs are reviewed and selected based on safety and effectiveness. They also evaluate drugs on how effective they are compared to similar drugs used to treat the same condition, which helps determine the drug tier.

Updates to the **Wellmark Drug List** happen as new drugs become available or drugs move tiers. If you take a drug on a regular basis, you may be notified when a change takes place. You'll want to double check the **Wellmark Drug List** on [Wellmark.com](http://Wellmark.com) if you get a new prescription or switch medications.



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## Ways to save on prescription drugs

**Ask for generics.** Generic drugs contain the same ingredients as brand-name drugs but typically cost much less. Even if a brand-name drug doesn't have a generic equivalent, a similar drug may be available to treat your condition.

**Choose an in-network pharmacy.** This is another easy way to maximize your savings. Upon arrival, just present your Wellmark ID card to the pharmacist.

**Mail order pharmacy service.** If you take a medication regularly, you can avoid a trip to the pharmacy by choosing to have drugs delivered to your home.

### How to enroll in mail order pharmacy service

1. Ask your provider to write two prescriptions, one for an initial short-term supply (e.g., 30-days) you can fill immediately at a participating retail pharmacy and a second for the maximum days' supply allowed by your plan, plus refills.
2. Register with the mail order pharmacy one of three ways:
  - **Online** at **Wellmark.com**, where you'll also find the forms you need to enroll by phone or fax.
  - **Mail:** Complete a Registration and Prescription Order form and submit it with your first prescription order.
  - **Phone:** Call the mail order pharmacy at 866-611-5961, Monday–Friday, 7 a.m.–9 p.m. Central Time, Sat. 7 a.m.–4 p.m. Central Time.
3. Refill prescriptions by mail, phone or online once you've registered.

## Specialty drugs and pharmacies

Specialty drugs are medications designed to treat conditions like multiple sclerosis, rheumatoid arthritis, hepatitis C and others that require non-traditional medications and special handling, administration or monitoring.

You can learn what drugs are classified as specialty drugs on the [Wellmark Drug List](#) by searching for the specific drug name or by viewing the Specialty Drug List. It's important to know that medical benefits may cover these drugs, not your pharmacy benefits.

Specialty pharmacies are experts in supplying specialty drugs and services to patients. You can work with a specialty pharmacy to have your medications delivered directly to your home, office or local CVS pharmacy. They can also provide educational materials about your condition and the medications that have been prescribed to you, along with 24-hour access to a pharmacist.

Your plan may require you to purchase specialty drugs at a specialty pharmacy. If a participating specialty pharmacy is not used, you may be responsible for the full cost of the prescription. There are no additional costs for shipping and handling.

Check your plan documents for pharmacy benefit details with [myWellmark](#) by selecting **Pharmacy** on the Coverage menu.

### How to order specialty drugs

1. Call CVS Specialty® Pharmacy at 800-237-2767 Monday–Friday, 6:30 a.m.–8 p.m. Central Time.
2. Give your provider's contact information and your Wellmark ID card information.
3. A representative will confirm the prescription and dosage with your doctor and make arrangements to get your order delivered.
4. Your provider will work on your behalf to start your specialty drug therapy.
5. Find additional instructions and enrollment forms at [Wellmark.com](#).



### Get free prescription drug tools

Find the name of your prescription drug plan, what drugs are covered, their tier and what they'll cost you through **myWellmark**. You can also use myWellmark to find in-network pharmacies, track your claims, find generic drugs and more.

If you're new to Wellmark or your benefits haven't gone into effect yet, you can also find the **Wellmark Drug List** on [Wellmark.com](#).

# Free Wellmark tools and services



As a Wellmark member, you have access to free tools and resources to maximize your benefits.

## Take myWellmark on the go

The Wellmark app gives you access to your favorite myWellmark tools on your smartphone. Get the speed and convenience of:

- Checking pending and processed claims.
- Instant access to your specific plan details.
- Digital ID cards available to print, download or email.
- Finding in-network care and cost estimates on the go.
- Access to electronic documents, including your Explanation of Benefits (EOB).
- Finding mental health resources.

## Know your out-of-pocket costs with your Explanation of Benefits

Your EOB is a recap of what your health plan has paid. Your EOB is not a bill. However, it's important to review it to make sure you have been (or will be) billed correctly, as it details:

- The amount your provider charged for each service.
- How much your health plan paid for each service.
- The amount you saved by staying in-network.
- Any out-of-pocket costs that the provider will bill you for separately.

## How to read your EOB and get it online

Confused about your EOB? Learn more at: [Wellmark.com/EOB](https://www.wellmark.com/EOB).

You can also go paperless and get your EOB notifications delivered to you immediately.

1. Register or log in to **myWellmark**.
2. Select Account from the menu at the top.
3. Click Preferences.
4. Select your preferences and click Agree & Save.



## How to download the app

1

Download the app at [myWellmark.com](https://www.wellmark.com) or by searching for Wellmark in your app store.

2

Open the app.

3

Log in using your myWellmark user ID and password.

## Get member discounts and savings with Blue365®

Blue365 gets you exclusive discounts and savings on health care resources, health and well-being programs, recreation and travel. You can also access helpful information for dependents or parents in need of caregivers and resources for your financial well-being.

Blue365 also offers you savings on products and services for healthy lifestyles. One of the most popular discounts is for Tivity Health® Fitness Your Way. This discount provides access to more than 8,000 participating fitness centers nationwide including Anytime Fitness®, Curves®, Snap Fitness™, certain Gold's Gyms® and YMCAs®.

## Receive healthy tips and plan updates with Blue<sup>SM</sup> Magazine

Blue is our member magazine that keeps you informed on health plan updates and delivers the latest in health and wellness. You can find all of the articles and more online at [Wellmark.com/Blue](http://Wellmark.com/Blue).

### How to register for fitness discounts

Register for Blue365 at [Blue365Deals.com/WellmarkBCBS](http://Blue365Deals.com/WellmarkBCBS), choose Fitness and find Fitness Your Way. Follow instructions to redeem the offer to get all the discount details, including what gyms are participating in your area. Blue365 discounts are only available online.



## Get more with the Blue e-newsletter

Sign up for the monthly e-newsletter to get regular health, wellness and benefit content, as well as videos and recipes.

Visit [Wellmark.com/Blue](http://Wellmark.com/Blue) to subscribe today.

You can also follow us on any of your favorite social media platforms at WellmarkBCBS. It's just one more way Wellmark members get more.

connect with us

## Get real help from real people with BeWell 24/7® Nurse Support

Life can get pretty stressful. Like when your toddler has a fever at midnight, you're coordinating care for an elderly parent who lives out of town or you're having side effects from a new drug and don't know what to do. Luckily, there's BeWell 24/7 Nurse Support.

By calling 844-84-BEWELL (844-842-3935), you can get help from medical professionals 24/7.

Call BeWell 24/7 Nurse Support to:

- **Get answers to health questions.** Clinically trained nurses can provide answers to questions about treating the common cold, fevers, minor burns, sprains and common rashes.
- **Locate in-network providers when traveling.** They'll help find in-network care — saving you time and effort.
- **Know the best place to go for care.** Locate appropriate, in-network care based on your symptoms, saving you money on unnecessary appointments or emergency room visits.
- **Get decision-making support.** BeWell 24/7 registered nurses can help answer questions about medical treatments, surgeries and tests.
- **Find support for complex health issues.** BeWell 24/7 nurses can refer you to Wellmark's Case Management Program to assess your whole-health situation and develop an individualized care plan.



# Free Wellmark health services



Wellmark also offers free health services to get you engaged with your health. We collaborate with your health care provider to help you navigate the health care system so you get the right care at the right time and place.

You get:

- Advice from real clinicians with real-world experience.
- Personalized support from a single point of contact.
- Access to an integrated care team.

Case management supports members with complex and chronic conditions . By identifying gaps in care, case managers help members navigate the complex health care system and coordinate their care. This proven, tailored approach effectively improves your health outcomes by assisting you before, during and after you receive care — resulting in better health outcomes and lower costs.

## How to engage in Wellmark’s Case Management Program:

1. Call Bthe BeWell 24/7 Nurse Line — 844-84-BEWELL (844-842-3935) — to speak with a nurse. They’ll discuss your health concern and help determine if case management is right for you.
2. You may also be identified through your claims or referred by your doctor, and then you’ll be contacted by Wellmark via mail or phone.

This health services program is not a substitute for patient care or treatment by a physician. Check with your employer to see if these services are available to you.



You have access to free health services. We’re here to help you use them.



## Sign up via myWellmark

These trusted and helpful online resources are available when and where you need them under the Well-being tab on **myWellmark**.

### When Wellmark calls, should you answer?

**The answer is yes.** A nurse or health support team member may call to help and give you important information or provide support.

### You may receive a call from:

**Case management.** For complex and chronic conditions (for example, behavioral health, strokes, brain injuries, complications from diabetes, cancer and others), Wellmark provides additional nurse support. We want to help coordinate care for you and overcome barriers you may be facing. We will talk through care coordination, in-home care, meal delivery or other support.

The level of support you receive is based on how well you're managing your condition and the goals you'd like to reach. Participation is voluntary and free.

**Pregnancy support.** Wellmark offers guidance and support to women throughout their pregnancy and postpartum.

**Transition of care.** Wellmark's nurses will contact you for pre- and post-discharge follow-up for select hospital admissions to provide education, resources and support. The purpose of these calls is to make sure you are on the path to recovery and have not experienced any new symptoms.



## Supporting healthy pregnancies

Pregnancy can be wonderful — it can also be overwhelming. The Wellmark Pregnancy Support Program provides resources so members can have healthy, low-stress pregnancies and postpartum experiences.

We've partnered with some of the most trusted resources to provide helpful information, including:

- **WebMD® pregnancy support tools** — Find answers to your pregnancy and postpartum-related questions from reputable health care professionals you can trust.
- **Count the Kicks®** — Keep track of your baby's normal movement patterns in the third trimester.
- **Access to nurses** — Rather receive support throughout your pregnancy over the phone? You can request a call pregnancy support nurse by calling 800-552-3993 ext. 3727.
- **BeWell 24/7® Nurse Support** — Call 844-84-BEWELL (844-842-3935) to connect with a real person who can answer your most pressing questions any time of the day. We'll take the time to listen to and address all your pregnancy or postpartum concerns.
- **Online pregnancy assessments**— Wellmark offers both prenatal and postpartum assessments. Go to **myWellmark** and enter your health information to see if you may benefit from nurse support.



# Get the most out of your health insurance by taking care of yourself



You're probably aware of the traditional ways of maintaining good physical health: eating a balanced diet, exercising frequently and getting annual health screenings and immunizations. However, taking a holistic approach to well-being, health-related costs drop.

That's why Wellmark is here to help you focus on the six holistic elements of your well-being:

- **Physical** — When you feel better physically, you're happier, healthier and spend less time and money at the doctor's office.
- **Career** — It's important to be able to use your strengths at work and understand how what you do ties to your organization's business goals.
- **Financial** — Nearly 77 percent of Americans are living paycheck-to-paycheck<sup>1</sup>. Look into programs to help you trim debt or save money, which can help provide peace of mind.
- **Social** — Relationships between friends, family and coworkers can help define who you are and how you feel. Make time to improve your social well-being for better health.
- **Community** — Find opportunities to give back by volunteering for a cause you care about.
- **Emotional** — Being emotionally grounded is essential to leading a happy and productive life. Get the resources and support you need to improve your emotional and mental health.

Now, more than ever, people are looking for ways they can stay healthy throughout the year. Taking care of the six elements of your well-being is a great way to start — and we're always here to help.

## A journey to a healthier you

Wellness considers all aspects of your well-being, including your physical health, career, finances, social interactions, mental health and community involvement.

Get started on your well-being journey by going to [myWellmark](#) and selecting the **Well-being** section to access Wellmark Connect. Make progress towards your health goals with a wellness assessment, health trackers, Blue365 discounts and more.

<sup>1</sup>Payroll.Org (2025, September 25)

## Get started today

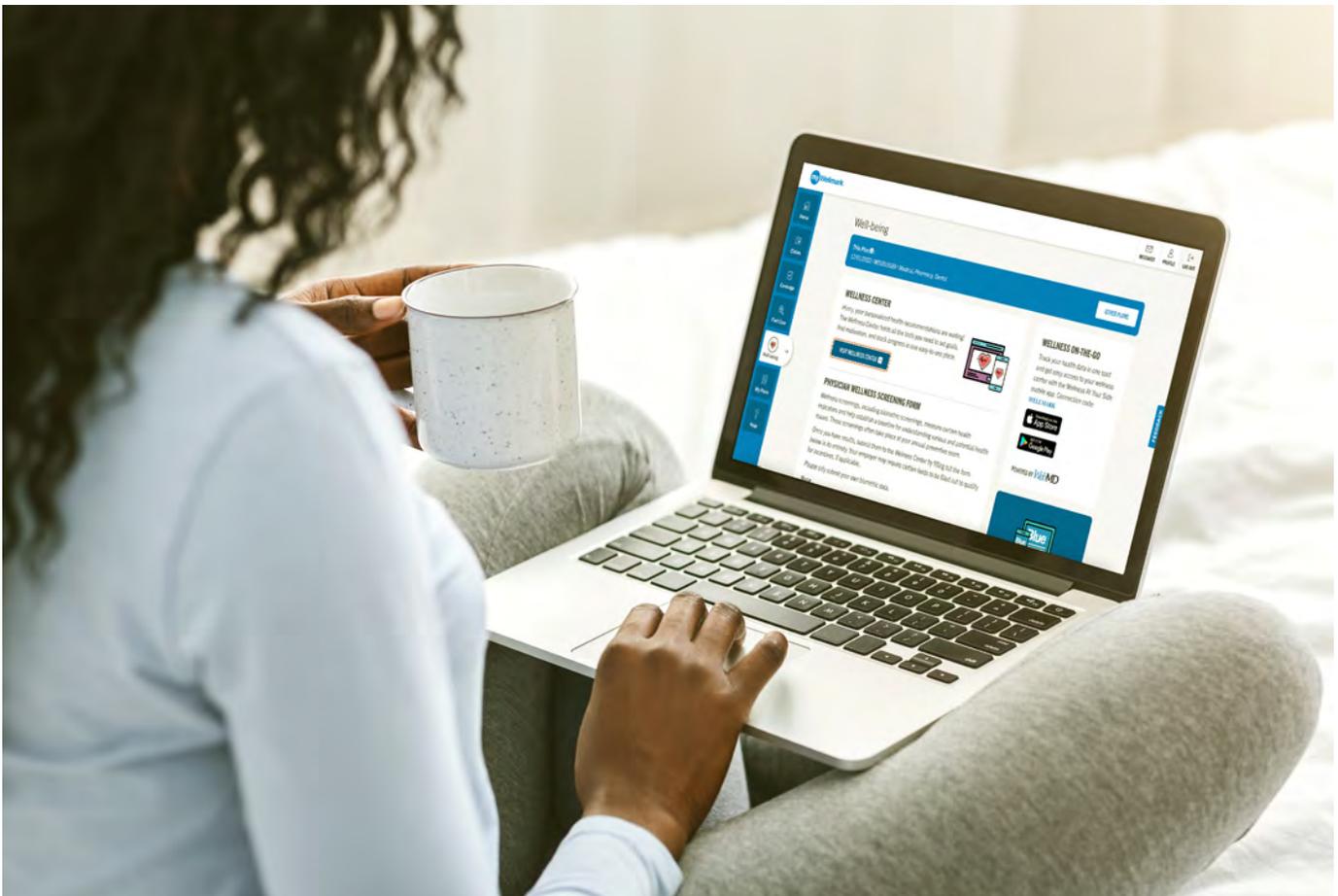
Log in or register for myWellmark® at [myWellmark.com](https://mywellmark.com) or via the Wellmark mobile app.

Once you're logged in, click the Well-being section and then the Visit Wellmark Connect button. Then, take the Wellmark Wellness Assessment to determine your health goals and make an action plan on how you can reach them.

## Wellmark Connect can help you reach your health goals

Wellmark Connect powered by WebMD® offers:

- **A comprehensive Wellness Assessment** that gives you accurate, confidential and personalized reports summarizing what you are doing well and creates personalized action steps to help you improve different areas of your health and well-being.
- **Personalized experiences** with articles and resources that are tailored to your personal interests and health status.
- **Daily Habits** is a lifestyle and condition based behavior change plan that supports your individual goals based upon information you supply regarding your health, personal interests and current habits.
- **Well-being resources** including podcasts, interactive quizzes and calculators, videos, a symptom checker and more.
- **The ability to sync more than 400 devices and apps** to monitor important health numbers for a more personalized experience.



# Resources

Use the links and phone numbers below to take advantage of all of the resources available to you as a Wellmark member.

**BeWell 24/7 Nurse Support:** Get your health questions answered by medical professionals at any time. Call 844-84-BEWELL (844-842-3935).

**Wellmark.com/Blue365:** Wellmark members receive exclusive access to discounts and resources that help you live a healthier lifestyle. Simply use your Wellmark ID card to browse the healthy deals and daily offers at Wellmark.com/Blue365.

**Wellmark.com/Blue:** Our member blog keeps you informed on health plan updates and delivers the latest in health and wellness information.

**DoctorOnDemand.com:** You and your family members can see a board-certified doctor from anywhere using a smartphone, tablet or computer. Be seen for the most common illnesses and even be prescribed medication, if needed. Download the app from the App Store or get it on Google Play.

**myWellmark.com:** Your personal health care information is at your fingertips with myWellmark — no matter your location — with tools, resources and insights to help you manage your health care spending and live a healthier life. This includes Wellmark Connect, where you can learn more about your personal health and use tools to help you maintain or improve it!

**Wellmark app:** Take myWellmark on the go by downloading the Wellmark app.

**Wellmark.com:** Find prescription drug information, tips on maximizing your health coverage, ways to live a healthier life and more.

**Wellmark.com/forms:** Search for claims, pharmacy or any other forms you may need.

**Wellmark.com/glossary:** This covers basic insurance terms to help you understand your coverage better and alleviate frustration in the future.

**Wellmark Drug List:** Available on [Wellmark.com](https://www.wellmark.com), this gives the drug name, category, tier and any special authorization required for all the prescription drugs, so you can make sure your plan covers whatever drug your doctor prescribes.





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Wellmark®, BeWell 24/7® and myWellmark® are registered marks of Wellmark, Inc.

Doctor On Demand by Included Health is a separate company providing an online telehealth solution for Wellmark members. Doctor On Demand® is a registered mark of Included Health, Inc.

Blue365® is a discount program available to members who have medical coverage with Wellmark. This is not insurance.

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