BlueCross BlueShield of Illinois | *Experience. Wellness. Everywhere.®*

Your Online Resource for Health and Wellness

It's easy to get started

1. Go to ***bcbsil.com.***
2. Click the ***Already a Member?*** tab. Then click the ***Register Now*** button in the BAM section.
3. Use the information on your BCBSIL ID card to complete the registration process.

Blue Access for Members℠ (BAM)

Would you like to know when your medical claims are paid and the payment amounts? Do you need to confirm who in your family is included under your coverage? BAM, the secure member portal from Blue Cross and Blue Shield of Illinois (BCBSIL), can help. Get immediate online access to health and wellness information, and:

- **Check the status of a claim and your claims history**
- **Confirm the family members who are covered under your plan**
- **View and print an Explanation of Benefits (EOB) statement for a claim**
- **Locate a doctor or hospital in the network**
- **Select an option to stop receiving EOBs in the mail**
- **Sign up to receive claim status email alerts**
- **Request a new or replacement member ID card or print a temporary member ID card**
- **Access your account through your mobile device and opt in for texting wellness updates**

Use BAM while you're on the go. Register or log in by going to ***bcbsil.com*** from your mobile device Web browser for secure and convenient access.

bcbsil.com

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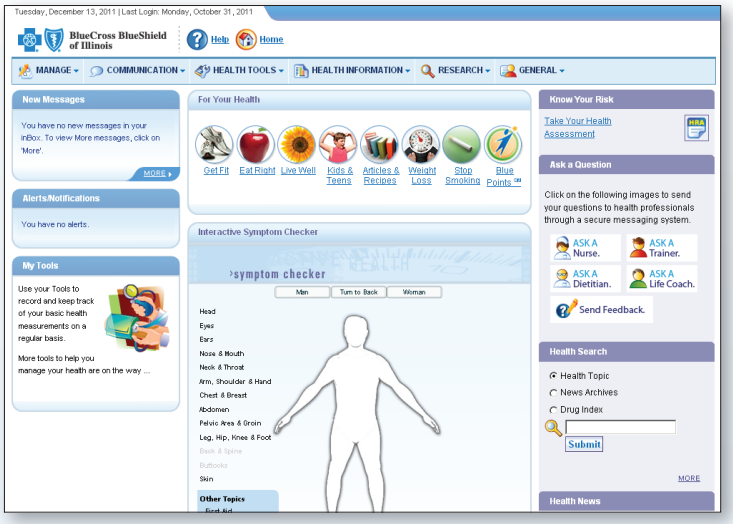
Other Online Resources for Health Care Information

Personal Health Manager



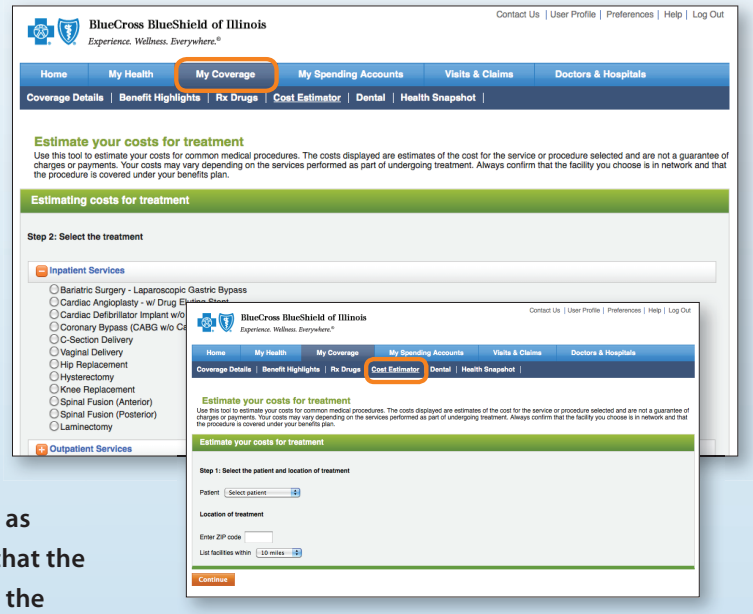
Use ***Personal Health Manager*** on BAM to:

- Find out more about healthy food choices, start a fitness program, learn about options that may help you quit smoking, and keep track of the results for all of your activities
- Learn about your health, possible health risks and changes you can adopt
- Get health and wellness questions answered by nurses, dietitians, fitness trainers and life coaches
- Earn Blue Points[SM] that can be redeemed for rewards*

Go to ***bcbsil.com,*** log in to BAM and select the ***Personal Health Manager*** icon.

Cost Estimator

When your physician has recommended a medical procedure, you can easily find and review the outcome history of procedures previously performed at hospitals using the ***Cost Estimator*** tool.



Use this tool also to estimate your costs for common medical procedures. The costs displayed are estimates for the service or procedure selected and are not a guarantee of charges, payments or benefits. Costs may vary depending on the services performed as part of undergoing treatment. Always confirm that the facility you choose a network provider and that the procedure is covered under your benefits plan.

To review hospital outcome data, log in to BAM, click the ***My Coverage*** tab and select ***Cost Estimator.***

* Not all members are eligible for Blue Points. Check with your group administration for documents. Blue Points Program Rules are subject to change without prior notice.