



# A Guide to Online Tools

Informed health care decisions  
are at your fingertips with  
Blueprint for Health programs.



**BlueCross BlueShield  
of Florida**

An Independent Licensee of the  
Blue Cross and Blue Shield Association

## How can Blue help you?

By helping you take better care of yourself while worrying less. By making sure you're as equally ready to handle a common cold, a chronic condition or even a health crisis. Through Blueprint for Health resources, you'll get access to personalized information and proactive programs to keep you in charge of your health and health care. And, you can have it real-time, 24/7, for support, answers and guidance when you need it most.

### Need a MyBlueService password?

- Go to [www.bcbsfl.com](http://www.bcbsfl.com)
- Click on MyBlueService
- Select "New User" and follow the instructions



# Blueprint for Health<sup>®</sup> offers you a master plan beyond your benefits plan.

Your blueprint is just a few clicks away, so the next time you wonder...

Where do I go to...?	Try this
<p>Find and compare physicians and hospitals, identify and estimate the cost of a specific health care service or condition, or estimate prescription drug or treatment costs.</p>	<ol style="list-style-type: none"> <li>1. Go to <a href="http://www.bcbsfl.com">www.bcbsfl.com</a></li> <li>2. Log onto MyBlueService</li> <li>3. Click on Member Tools link</li> <li>4. Select: <ul style="list-style-type: none"> <li>• Research a Physician or Hospital</li> <li>• Research the Cost of a Procedure or a Condition</li> <li>• Research a Prescription Drug or Prescription Drug Cost</li> </ul> </li> </ol>
<p>Research a condition, disease or procedure. Take a health risk assessment. Speak to a health coach about a health concern.</p>	<ol style="list-style-type: none"> <li>1. Go to <a href="http://www.bcbsfl.com">www.bcbsfl.com</a></li> <li>2. Log onto MyBlueService</li> <li>3. Click on Member Tools link</li> <li>4. Select: <ul style="list-style-type: none"> <li>• Research a Condition or Procedure</li> <li>• Know your Health Risks</li> <li>• Contact a Health Coach</li> </ul> </li> </ol>
<p>Send an email to my physician or make an appointment.</p> <p>Create a Personal Health Record.</p>	<ol style="list-style-type: none"> <li>1. Go to <a href="http://www.bcbsfl.com">www.bcbsfl.com</a></li> <li>2. Log onto MyBlueService</li> <li>3. Click on Member Tools link</li> <li>4. Click on e-Medicine link</li> <li>5. Select: <ul style="list-style-type: none"> <li>• Send a brief note to your doctor</li> <li>• Request an appointment</li> <li>• Patients (Personal health record).</li> </ul> </li> </ol>
<p>Receive support for a personalized wellness plan (Manage weight or stress, quit smoking, cope with back pain or eat healthier).</p>	<ol style="list-style-type: none"> <li>1. Go to <a href="http://www.bcbsfl.com">www.bcbsfl.com</a></li> <li>2. Log onto MyBlueService</li> <li>3. Click on the Healthy Living tab on the Dialog Center</li> </ol>

**On MyBlueService, you can also:**

- View current benefits
- View your claims
- Request a replacement ID card

[www.bcbsfl.com](http://www.bcbsfl.com)

how  
can  
**Blue**  
help  
you?

For our BlueOptions® and BlueChoice® members

*Blue Cross and Blue Shield of Florida, Inc. has arrangements with vendors to provide value added services and to provide access to care decision support tools to its members. These programs are not part of insurance coverage.*



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