

# Live healthier and save money

Helpful resources and quality discounts exclusively for Florida Blue members

Take advantage of personalized health programs, interactive tools and member discounts available 24/7 from your account at [floridablue.com](http://floridablue.com). Florida Blue is committed to your pursuit of health.

## Get Empowered

Take an online **Personal Health Assessment** to see how your health compares to others your age and steps you can take to stay on a healthy path. The online **Health Assistant** will help you create health and fitness goals that you can easily track using our **Health Tracker**. Stay informed with our library of **health topics** or sign up for WebMD's **newsletter**. You can also use an interactive **symptom checker** and point to a part of the body to learn about conditions and treatment options. Lastly, stay healthy while you're pregnant. Join Healthy Addition, our program for expectant mothers.

## Get Organized

Create an **Online Health Record** so your health information is organized and easily available anytime. You can even have your claims sent here, so everything is right at your fingertips for you and your doctor.

## Take Control

If you or a loved one is dealing with an illness or a chronic condition, you are not alone. You have access to free help 24 hours a day, 7 days a week through our **nurseline**<sup>1</sup>. We also have a number of personalized **health programs** to help you manage your condition. If you would like information about our health programs or need advice on where to go for treatment, our **Care Consultants are ready to help you**. You can use online tools or call us to compare quality and costs for medical care and prescription drug options. We want you to find the best care for the best price and be able to **estimate your costs** ahead of time.

## Save Money

Your account at [floridablue.com](http://floridablue.com) gives you access to hundreds of online discounts on top quality health and wellness products! Our **Blue365**<sup>2</sup> program is filled with everything you need to stay healthy—but at a great price. Many of the offers are for a limited time, so be sure to check back often to see what's new!

\*Discounts are subject to change and expire. Log in to your account at [floridablue.com](http://floridablue.com) for current offers.

Look what's in store for you as a Florida Blue member!

Discounts\* up to 50%, including:

Gym enrollment

Weight loss programs

Lasik eye surgery

Hearing aids

And daily deals that add up!

<sup>1</sup> As a courtesy, Florida Blue has entered into an arrangement with Health Dialog to provide a 24-hour nurseline. Florida Blue has not certified or credentialed, and cannot guarantee or be held responsible for, the quality of services provided by this vendor. Please remember that all decisions pertaining to medical/clinical judgment should be made with your physician or other health care provider.

<sup>2</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. 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 or coverage under your policy, call us or go to [floridablue.com](http://floridablue.com).

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.



In the pursuit of health<sup>®</sup>