



Register for  
**myBlueCross**  
at  
[AlabamaBlue.com](http://AlabamaBlue.com)

## Log in to **myBlueCross**, where it really *is* all about you.

With the links under **Manage My Contract**, you can:

- View claim statements
- Order ID cards and view or email a virtual ID card
- View your contract and dependent information
- Review and pay your bill (if applicable)
- Authorize direct deposit

Under **Manage My Prescriptions**, you can:

- View your claim history
- Find drug definitions and pricing
- Find a participating pharmacy near you
- File a drug claim (if applicable)

In **Research & Tools**, you can:

- View benefit booklets and SBCs
- View covered immunizations
- Read medical policies
- View a list of preventive services

Under **Manage My Health**, you can:

- Take the HealthQuotient® (HQ)
- View your Personal Health Record
- Compare treatment costs
- Check your symptoms with WebMD's Symptom Checker
- Enroll in Baby Yourself®
- Learn about behavioral health services
- Additional information may be available based on your benefit plan

Under **Research Quality of Care**, you can:

- Find a healthcare provider or facility
- Learn about Blue Cross Quality Initiatives
- Rate your doctor
- Learn about Blue Distinction Centers

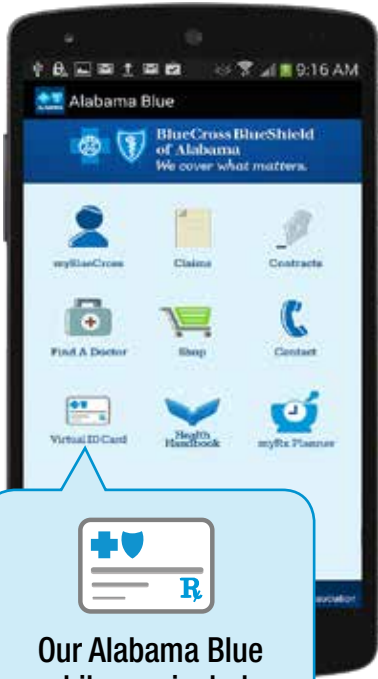
Under **Forms & Materials**, you can view or print claim forms and many other types of forms.

**TIP**

Save time by taking advantage of the links under **Frequently Visited** to see your latest page views.

[AlabamaBlue.com](http://AlabamaBlue.com)





## Alabama Blue MOBILE APP FOR PHONE & TABLET

- Check your benefits
- View or email your ID card
- Get your contract information
- Find a doctor...and more!

Register for *myBlueCross* to get enhanced features using **Alabama Blue**

Our Alabama Blue mobile app includes the **Virtual ID Card** so you can view or email your Blue Cross ID card!



Handy reference for your common health questions

### Health Handbook APP

- Health conditions defined
- Information on medications
- Medical procedures explained
- Natural treatment options
- Medical dictionary
- English-to-Spanish translations



Medication tracker with custom profiles

### myRx Planner APP

- Medication reminders
- Common dosages
- Possible drug interactions
- One-button dialing and turn-by-turn directions to pharmacy



## BABY YOURSELF®

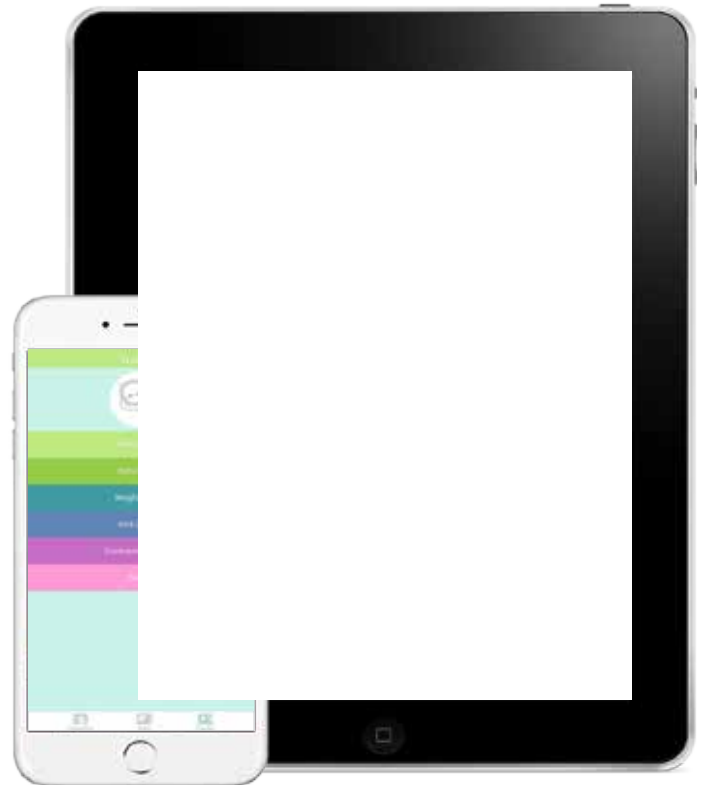
MOBILE APP FOR PHONE & TABLET

Tracks your baby's growth and your personal journey to motherhood

*Our latest app is just right for expectant moms!*

- Daily journal
- Photo gallery
- Kick counter
- Contraction counter
- Customizable reports
- Daily pregnancy and parenting tips
- One-button dialing to access your physician and/or Baby Yourself Nurse\*

\* For this service, you must be a Blue Cross and Blue Shield of Alabama member and enrolled in the Baby Yourself Maternity Program.



There is no charge from BCBS of Alabama to download, but rates from your wireless provider may apply. This information is for educational purposes only and is not a substitute for personal care from a licensed physician. Please consult your physician for diagnosis and treatment options.

*myBlueWellness* is a wellness website provided by Blue Cross and Blue Shield of Alabama and powered by WebMD®. WebMD® is an independent company providing health assessment tools, such as HealthQuotient®, to our customers.



**BlueCross BlueShield of Alabama**

*We cover what matters.*