

**2023 Blue Cross and Blue Shield Service Benefit Plan - Standard and Basic Option**  
**Section 5(h). Wellness and Other Special Features**  
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- You complete the Blue Health Assessment (BHA), and indicate that you have been diagnosed with hypertension.
- At least one medical claim has been processed during the past 12 months with a reported diagnosis of hypertension.

Once you meet these criteria, you will be sent a letter advising you of your eligibility for the free BPM. You are eligible to receive a free BPM every two calendar years. You must follow the directions in the letter, which include taking the letter to your healthcare provider. Your provider is responsible for documenting your most recent blood pressure reading, and identifying the appropriate BPM size for you.

The BPM must be received through this program. Benefits are not available for BPMs for members who do not meet the criteria or for those who obtain a BPM outside of this program. For more information, call us at the phone number on the back of your ID card. See page [108](#) for information on preferred generic anti-hypertensive medications.

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### **Pregnancy Care Incentive Program**

The **Pregnancy Care Incentive Program** is designed to encourage early and ongoing prenatal care that improves baby's birth weight and decreased risk of preterm labor. Pregnant members can earn a Pregnancy Care Box (with pregnancy gifts and information) and \$75 toward a health account to be used for most qualified medical expenses. This incentive is in addition to other incentives described in this brochure. All covered adult members, age 18 and over may be eligible for this incentive.

To qualify for the Pregnancy Care Box, you must be pregnant. Information on the program is available on our website, [www.fepblue.org](http://www.fepblue.org).

To qualify for the \$75 incentive, you must meet the criteria above for the Pregnancy Care Box and send us a copy of your healthcare provider's medical record that confirms you had a prenatal care visit during the first trimester of your pregnancy.

Information that must be included when submitting your medical record can be found on our website, [www.fepblue.org/maternity](http://www.fepblue.org/maternity).

To receive the Pregnancy Care Box or the \$75 incentive reward, members must complete all requirements of the program during the benefit year, and either the first prenatal visit or the delivery must occur during the benefit year. These incentives are offered per pregnancy and are limited to two pregnancies per calendar year.

**Annual Incentive Limitation**

Financial incentives earned through participation in the Blue Health Assessment, personalized goals through the Online Health Coach, the Diabetes Management Incentive Program, and the Pregnancy Care Incentive Program are limited to a total of \$420 per person per calendar year for the contract holder and spouse.

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**Reimbursement Account for Basic Option Members Enrolled in Medicare Part A and Part B**

Basic Option members enrolled in Medicare Part A and Part B are eligible to be reimbursed up to \$800 per calendar year for their Medicare Part B premium payments. The account is used to reimburse member-paid Medicare Part B premiums. For more information on how to obtain reimbursement, please visit [www.fepblue.org/mra](http://www.fepblue.org/mra) or call 888-706-2583.

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**MyBlue® Customer eService**

Visit MyBlue Customer eService at [www.fepblue.org/myblue](http://www.fepblue.org/myblue) or use the fepblue mobile app to check the status of your claims, change your address of record, request claim forms, request a duplicate or replacement Service Benefit Plan ID card, and track how you use your benefits. Additional features include:

- **Online EOBs** – You can view, download, and print your explanation of benefits (EOB) forms. Simply log on to MyBlue Customer eService via [www.fepblue.org/myblue](http://www.fepblue.org/myblue) and click on “View My Claims”; from there you can search claims and select the “EOB” link next to each claim to access your EOB. You can also access EOBs via the fepblue mobile app. Simply link to MyBlue, and click on Claims.
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