

## Take Charge of Your Health

Get information about the cost of procedures, find a doctor or request an ID card. You can do it all – simply and securely – on Blue Access for Members<sup>SM</sup> (BAM<sup>SM</sup>).

## With BAM, you can:

- Find in-network doctors and hospitals.
- View your digital member ID, or order new or replacement IDs.
- Review your benefits and dependent coverage.

Covered dependents age 18 and over can have their own BAM accounts.



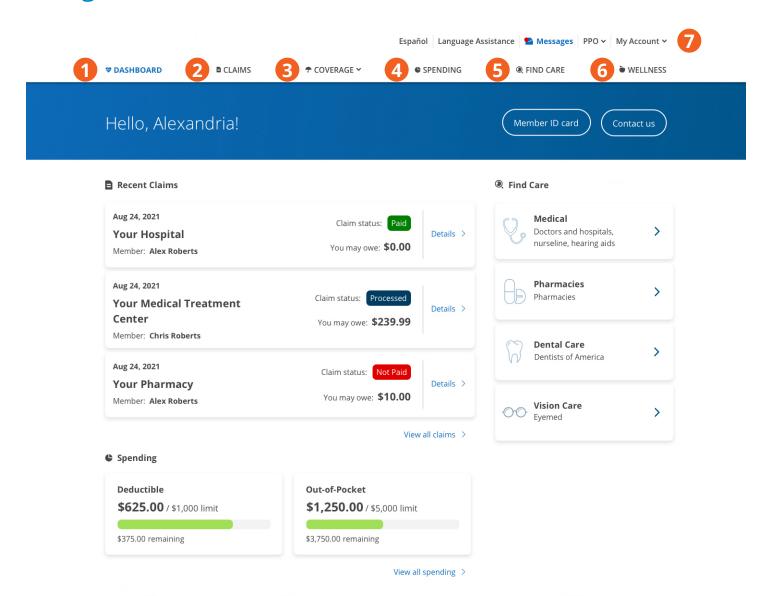


Scan this QR code to visit bcbsok.com.

## Let's get started

- 1. Go to bcbsok.com.
- 2. Under **Member Log in**, use your member ID card to complete your registration.

## Navigation has never been easier



- **Dashboard** See your family's claims and health care spending at a glance, order an ID, navigate the site quickly and easily.
- 2 Claims View quick claims summaries or download your Explanation of Benefits (EOB).
- **3** Coverage See benefit highlights for your medical, dental and pharmacy plans.
- 4 Spending Keep track of your deductible and out-of-pocket expenses.
- **5** Find Care Find in-network doctors, hospitals and other health care providers quickly and easily.
- **Wellness** Take control of your well-being with preventive care guidelines, information and health tips for managing health conditions and living a healthier life.
- **My Account** Use this menu for everything else: View your health history, update your profile and preferences, sign up for electronic EOBs, find claim forms, manage privacy preferences and contact us.