

Online resources are designed to help you focus on health care



Preparing a plan that sets goals for your health and utilizes your Cook County benefits is much easier when you take advantage of resources available online through Cook County, Blue Cross and Blue Shield of Illinois, CVS/Caremark and other providers.

www.cookcountyrisk.com is a great starting point. Just sign in using your Employee ID and you will be able to view your personal benefits information along with:

- Employee Contribution Chart
- Enrollment forms
- Benefit information
- Questions with answers
- COBRA information
- Links to other useful resources
- ... and much more.



Focus on taking steps to a healthier lifestyle

The tools are available. It's up to you to put them to work. Take time to assess your current health. Set a course for the year for you and your family.

- Review your eating habits
- Walk your way to weight loss
- Reduce stress in your life
- Don't smoke
- Keep your heart healthy
- Avoid sleep deprivation
- Get your flu shot
- Take care of your teeth & vision ... get regular check-ups
- Schedule screenings for: blood pressure, diabetes/glucose, cholesterol

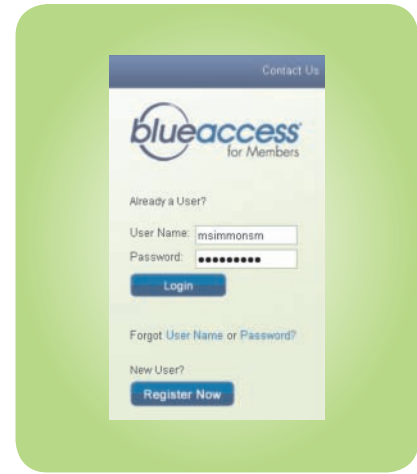




BlueCross BlueShield of Illinois

Experience. Wellness. Everywhere.SM

In addition to providing your health care benefits, Blue Cross and Blue Shield of Illinois is committed to helping you live healthier by offering information that can help you make better life choices.



Blue Access for MembersSM

This is your link to a lot! It lets you manage your health and your benefits. You can check the status of a claim, confirm your personal or dependent coverage and even order a replacement ID card. You can download the Blue Access[®] icon to your desktop for quick and easy access.

Need to review your medical coverage? Go to My Coverage

Want to see your most recent medical Visits & Claims? They are easy to find with Blue Access for Members

Looking for a doctor or a hospital? Go to Doctors & Hospitals, enter your address or zip code and select the type of provider you need (medical group/IPA or hospital)

Read the latest news & updates

Review secure messages

Update user profile settings

Sign up for text messages for expectant mother

Connect to social media on the Web for more updates!

Links to My Health features and the Personal Health Manager

Use Quick Links to request ID cards, download forms and more

View the most recent medical and dental visits and claims

Download Blue Access icon to your desktop for quicker access

Place blue access on your Desktop!

Benefits			
	In Network	Out of Network	
DEDUCTIBLE PER FAMILY		\$ 3,000	
OUT OF POCKET PER FAMILY	\$ 7,000	\$ 11,000	
PREAUTHORIZATION PENALTY		\$ 500	

Medical Visits & Claims			
Your 3 most recent visits :			
Date of Visit	Patient Name	Physician/Provider	Status
08/05/2011			PAID 08/10/2011
08/05/2011			PAID 08/15/2011
08/05/2011			PAID 08/16/2011



Personal Health Manager on Blue Access for Members

Make a commitment to start 2012 by taking a confidential Health Risk Assessment. The Personal Health Manager can help you do this. Once you have completed an assessment, you can use this tool to set a course for a healthier future.

Questioning some symptoms? Use the Interactive Symptom Checker

Seeking advice from a nurse or trainer? This site gives you access to these professionals

Want to know more about a health topic? Use the topic search engine

Looking to adopt healthier behaviors? Stay motivated using the interactive Get Fit, Eat Right and Live Well tools in the For Your Health section

The screenshot shows the Personal Health Manager interface with several callout boxes highlighting key features:

- Read secure messages:** Points to the 'New Messages' section on the left.
- Review member alerts:** Points to the 'Alerts/Notifications' section.
- Use the Interactive Symptom Checker:** Points to the 'Interactive Symptom Checker' tool in the center.
- Explore health and wellness articles in the Care Center:** Points to the 'Health Information and Care Centers' section at the bottom.
- Take a Health Risk Assessment:** Points to the 'Know Your Risk' section on the right.
- Ask a Question to a certified Nurse, Trainer, Dietitian or Life Coach:** Points to the 'Ask a Question' section.
- Perform health and wellness research or explore the prescription drug index:** Points to the 'Health Search' section.
- Read and keep up on the latest health news:** Points to the 'Health News' section.

Numerous online tools and information help you manage your health care, whether you want to improve your overall health, manage a chronic health condition or prepare for a specific medical treatment.

Every Cook County employee receives a Medical benefits card indicating whether you have selected an HMO or PPO plan. The information on these cards is valuable and useful. Please carry them with you. Extra cards are available for family members.



CVS/Caremark provides Cook County's pharmacy benefit

Learn more about your prescription drug program and how you can use it to improve your health and save money.

Caremark.com is a great resource

“Log In” through the “Members Sign In” area, and choose the selection that best fits your needs. Go to “Find Savings and Opportunities” for ideas on how you can save money including:

1. Speak to your doctor about using generic medications to treat your condition. In some cases, the brand drug will not have a generic equivalent, but there may be a generic drug available in the same therapeutic class. If your doctor feels a generic is right for you, this could save 50% on your copay costs.
2. Fill your long-term prescriptions in 90-day increments instead of 30 days. You must fill those 90-day prescriptions through either the mail service pharmacy in Mt. Prospect, IL or at any local CVS/pharmacy. If you make this change, you will save 33% on your co-pay costs per year.

Being compliant with your doctor's directions is one of the most important steps you can take to managing your condition. Be sure to take time with your doctor to discuss your medication and how it should be taken, then stick to those directions every day.

For more information about your Prescription Drug benefits, contact: 866-409-8522 or go to Caremark.com.

Clip and save ✂



COOK COUNTY BENEFITS RESOURCES

NAME OF PLAN	HOTLINE NUMBER / WEB SITE
HMO Illinois & Classic Blue, Blue Cross and Blue Shield HMO Plans	1-800-892-2803 / www.bcbsil.com/cookcounty
Blue Cross and Blue Shield of Illinois PPO Plan	1-800-960-8809 / www.bcbsil.com/cookcounty
Guardian Dental Plan HMO:	1-866-494-4542 PPO: 1-866-302-4542 www.GuardianAnytime.com/Cookcounty
CVS/Caremark Prescription Plan	1-866-409-8522 / www.caremark.com
WageWorks (FSA)	1-877-924-3967 / www.wageworks.com
EyeMed	1-800-334-7591 / www.colemanagedvision.com
Dearborn National/Life Plan	1-800-348-4512 / www.dearbornnational.com
American General Life (AIG)	1-800-231-3655 for existing policyholder information 1-800-463-7420 for toll free enrollment www.aigag.com

