



ONLINE TOOLS



Register for
myBlueCross
at 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 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

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

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

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

AlabamaBlue.com 

MOBILE APPS & TOOLS



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



Health
Handbook
APP

Handy reference for your
common health questions

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



my Rx
Planner
APP

Medication tracker with
custom profiles

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

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



BABY YOURSELF[®]

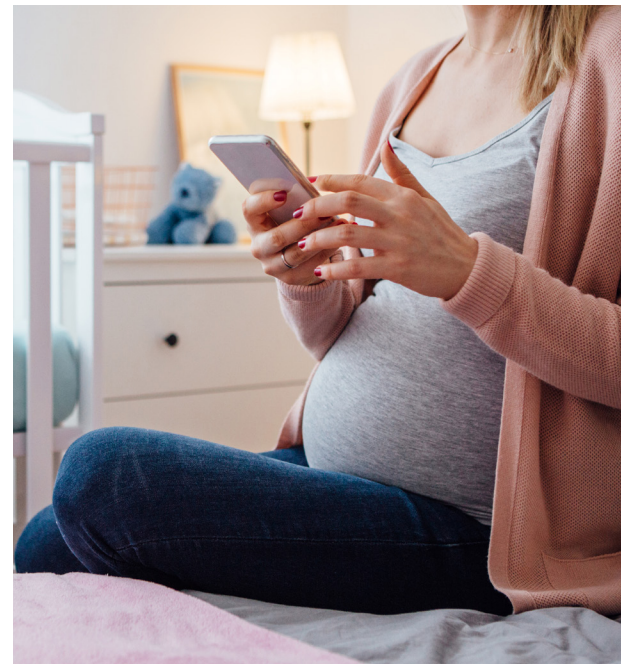
MOBILE APP FOR PHONE & TABLET

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.



**BlueCross BlueShield
of Alabama**

We cover what matters.

An Independent Licensee of the Blue Cross and Blue Shield Association