

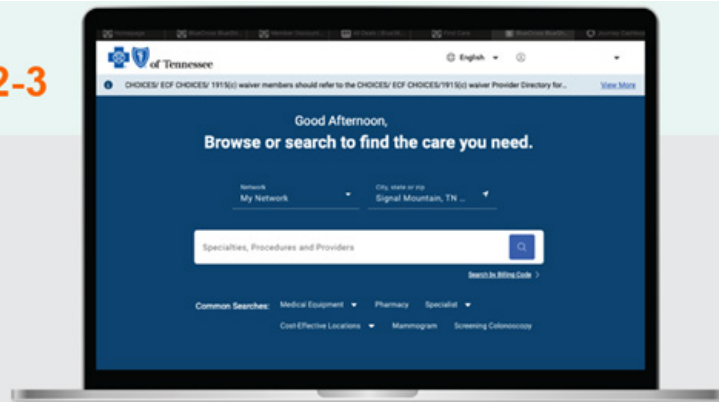
Finding a Doctor & Preventative Healthcare

FINDING A DOCTOR IN YOUR NETWORK IS AS EASY AS 1-2-3

Go to bcbst.com/findadoctor.

Choose network providers in three quick steps.

- 1 Log in to include your network information when you begin your search.
- 2 Browse by category or search by provider name, specialty, etc.
- 3 Narrow your results by using the filter on the top of the search results page.

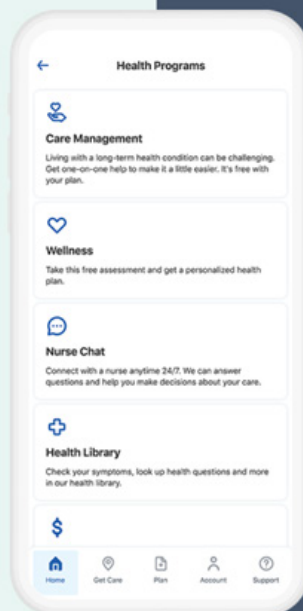


Know what you are looking for?

Use the search bar to see specifics about your doctor or facility, view quality scores, read reviews posted by other members and estimate the cost of a procedure.

PREVENTIVE HEALTH CARE

Everyday digital tools helping you and your covered dependent(s) get the preventive screenings, tests and vaccines you need now, so you'll be healthier later.



Recommended preventive services available for you and your family - for Children, Maternity Care, Women, and Men.*

- Members have access to self-guided health and wellness programs, trackers and other resources in the Member Wellness Center to help keep track of:
 - » Stress
 - » Nutrition
 - » Physical Activity
 - » Blood Pressure
 - » Tobacco
 - » Cholesterol
 - » Weight
- Set up and maintain your personal health record
- Visit the Health Library for a collection of useful tools and resources to help you manage your health
- Learn about our member discount program that lets you save on health-related products and services

*A complete listing of recommended preventive services is available upon request.