

At your fingertips 24/7

Did you know our secure web site for plan members offers a wide range of services that you can take advantage of any time you want?

On our secure web site, you can

- submit eligible drug, vision and health benefit claims online,
- check claim reimbursement status,
- view a claim summary of completed claims,
- view claim statements for the past 24 months,
- find answers to your questions about benefits,
- check coverage levels,
- establish when you are next eligible for vision and dental services,
- arrange to have your claim payments deposited directly into your bank account and
- print or order additional ID cards.

Please visit www.ab.bluecross.ca/online_services.html to get started using this convenient service!

Get up and get moving this winter: join us for Alberta Winter Walk Day 2013

On Wednesday February 6, Alberta Blue Cross challenges you, your co-workers and your family to bundle up, step outside and participate in Alberta Winter Walk Day 2013!

A province-wide initiative to get Albertans up and moving during the winter months, Winter Walk Day celebrates our Alberta winter while promoting the year-round health benefits of walking. On this special day, all Albertans are encouraged to walk at

least 15 minutes outside, then record the total minutes walked and register the number of minutes online at www.shapeab.com. In 2012, over 110,000 participants—including workplaces, schools, seniors centres and community groups as well as individuals and families—walked for a combined total of 3.1 million minutes.

Groups that pre-register will be provided information to support their events, and groups that submit event photos or videos are eligible to win great prizes.

Winter Walk Day is sponsored by Alberta Blue Cross, the Alberta Motor Association, and SHAPE Alberta (Safe, Healthy, Active, People Everywhere) in partnership with the Be Fit for Life network and the Alberta Sport, Recreation, Parks and Wildlife Foundation.

For more information about Winter Walk Day 2013, please visit our web site.



Blue Advantage provider listing continues to grow

Blue Advantage is a great program that provides Alberta Blue Cross plan members with savings on medical, vision care and many other health-related products and services. This program continues to expand as more and more providers are offering savings on a wide range of services. Learn more at www.blueadvantage.ca.

Have a question about your coverage?



We're here to help!

ALBERTA BLUE CROSS

Edmonton 780-498-8000

Calgary 403-234-9666

Toll free 1-800-661-6995

www.ab.bluecross.ca

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