

FOR YOUR Benefit

Information for plan members to help you make the most of your benefits



BALANCE™

Your life ▲ Your rewards

A new online resource to promote wellness with a twist!

It's hard to look forward to winter in Alberta when there are still leaves on the trees.

But as an Alberta Blue Cross plan member, here's something to look forward to. In 2016, Alberta Blue Cross will reward you for making healthy choices. Balance™ is an exciting new online wellness resource that not only provides a wealth of information and resources to support your health, but also gives you the opportunity to win thousands of dollars worth of prizes ranging from gift cards and Fitbits to cameras and weekend escape packages.

Balance™ will be made available to plan members of Alberta Blue Cross employer group plans in phases throughout 2016 so watch your mailbox for more information about when you can start earning healthy rewards.

Protect your personal information by protecting your password

If you have personal information online, it's likely that the issue of web security is on your mind. Cyber attacks are increasing in frequency across the web and the consequences of these attacks can be severe. When data is successfully breached, it can lead to the exposure of health and financial information, identity theft and more.

One of the easiest ways that you can protect the information in your online account with Alberta Blue Cross is to properly manage your account's password. Improve the security of your account by improving your password.

A guide to better password practices:

- Choose a complex password that is at least eight characters long and includes numbers and special characters.
- Your password should not contain birth dates, proper nouns or other personal information.
- If you need to write down your password, store it in a locked cabinet and separate from your computer or laptop.
- Never share your password with others.
- Individuals are responsible and accountable for all activity involving their assigned login ID. Only the individual to whom it is assigned must use the login ID.
- Change passwords periodically.



Alberta Blue Cross sponsors diabetes education expos

Every month, approximately 1,000 Albertans are diagnosed with diabetes. The Canadian Diabetes Association estimates that more than a quarter of all Albertans are expected to be living with diabetes or pre-diabetes by 2025 and that diabetes will cost the province's health system an estimated \$1.3 billion in 2015 alone.

This is why Alberta Blue Cross is partnering with the Alberta chapter of the Canadian Diabetes Association this year to sponsor the Calgary and Edmonton Diabetes Expo events being held in the fall. They are education events intended to give you ongoing self-management learning experiences for adults living with diabetes.

The Edmonton event will be held **October 22** at the Italian Culture Center in Edmonton, featuring Hal Johnson and Joanne McLeod of BodyBreak. The Calgary event will be held **November 28** at the University of Calgary. Register to attend at

THE COMMUNITY AGAINST
preventable
INJURIES



Alberta
Blue Cross
partners
with
Preventable

Alberta Blue Cross is a proud sponsor of the **Preventable injury prevention campaign** in Alberta. We are part of a coalition with a number of industry and government partners. Preventable injuries are a leading cause of death and disability in Alberta, resulting in more than four injury deaths per day in the province. *Preventable* aims to raise awareness of preventable injuries and to get people thinking about the attitudes that directly lead to injuries.

Please follow us on
or to see updates
regarding this campaign.



Botox and Xeomin prescriptions now require special authorization approval

As of August 1, 2015, prescriptions for Botox and Xeomin are only eligible through the special authorization process for those benefit plans with managed drug benefit coverage. Please check with your plan administrator to find out if this applies to your specific benefit plan.

If you currently have Botox or Xeomin prescribed, you will need your doctor to complete and submit a *Special Authorization* request form to Alberta Blue Cross. The information provided by your doctor will be assessed confidentially against clinical criteria established by your plan. Special authorizations for Botox or Xeomin will only be approved for Health Canada-approved uses; cosmetic uses will not be approved. Please be advised that your doctor may charge a fee for completing the form, which is not covered by Alberta Blue Cross or by your drug plan.

Introducing paperless benefit booklets and “Benefits at a Glance”

Beginning this January, Alberta Blue Cross will replace paper benefit booklets with the electronic version already available through the member services web site. The online benefit booklet will be accessible 24 hours a day and is the best way for you to gain comprehensive and up-to-date information about your plan.

To make information about your benefits even more accessible, Alberta Blue Cross will also provide the electronic benefit summary, *Benefits at a Glance*, for those who want a quick review of their benefits. Both the benefit booklet and *Benefits at a Glance* will be accessible through the Alberta Blue Cross member services site.

Have a
question
about your
coverage?



We're here to help!



Edmonton 780-498-8000
Calgary 403-234-9666
Toll free 1-800-661-6995

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Why wait for the next issue of *For Your Benefit*? To stay up-to-date about the latest in Alberta Blue Cross plan updates, follow us on [Facebook](#) and [Twitter](#). Get instant updates as they happen. We'll keep you informed regarding potential plan or coverage changes, we'll share tips to help you make the most of your group benefit plan and we'll offer interesting health news as well as details about our ongoing community involvements. Connect with us today!

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