

FOR
YOUR

Benefit

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



Check provider eligibility before your next visit

Before you visit a health provider, it's critical that you visit our member website first to see if the provider is eligible for reimbursement. The ineligible provider list is a quick and easy way for plan members to determine which providers are ineligible—before you pay.

Claims for products or services provided by ineligible providers won't be covered or reimbursed through your benefit plan. Part of Alberta Blue Cross's role in managing and administering benefit plans is ensuring that service providers follow the rules set out in our Code of Conduct. The majority of health care providers who deliver products and services to our members conduct themselves professionally and ethically, but we are obligated to ensure that the claims we receive are legitimate and medically necessary.

You can access the ineligible provider list at ab.bluecross.ca by signing in to your member account and clicking the **"Find out if your provider is eligible"** link.



Connect with us

Why wait for the next issue of *For Your Benefit*? Keep yourself up-to-date about the latest Alberta Blue Cross news by following us on Facebook, Twitter and LinkedIn or reading our blog, *Blue notes*, at www.ab.bluecross.ca/blue-notes-blog/blue-notes-blog.php.

We'll share interesting health news, information about our community sponsorships, tips to make the most of your benefit plan and keep you informed regarding potential plan or coverage changes. Connect with us today.



Life & Disability Services

When serious illness, disease or accident strikes, financial security becomes a dominant issue. You gain important peace of mind despite challenging times from the financial stability provided by life and disability coverage.

Formerly known as Group Case Management, the team responsible for managing life and disability coverage at Alberta Blue Cross underwent a name change in the fall; they are now Life & Disability Services. This change reflects their area of expertise more clearly and encapsulates their role within Alberta Blue Cross's Blue for Life vision. Their primary goal is to help customers who are faced with serious accidents, diseases or illnesses—supporting them through every age and stage of life.



Lending expertise on CLHIA cyber security panel

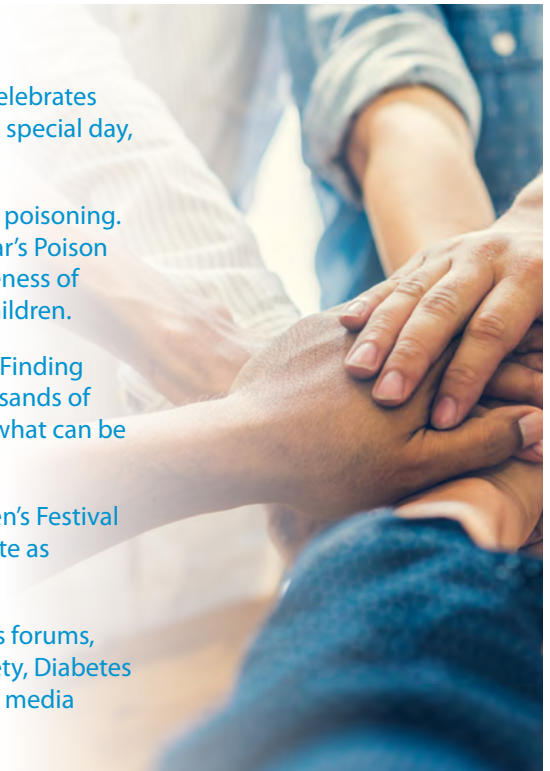
As a member of the Canadian Life and Health Insurance Association (CLHIA), Alberta Blue Cross plays an active role in industry initiatives and serves on a number of association working groups to address issues related to the benefits industry. This spring, Alberta Blue Cross is pleased to be participating in a panel discussion on cyber security at the CLHIA annual conference in Toronto.

Cyber security is an increasingly important issue within the insurance and financial sectors. As a health benefits provider, we have developed best practices to combat cyber security threats and protect the highly sensitive health and financial information of our customers. Alberta Blue Cross is happy to share our expertise and insights on this subject and touch on our leading practices in this area.



Involved in *your* community

- In February, Alberta Blue Cross was proud to sponsor Winter Walk Day, an event that celebrates our Alberta winter while promoting the year-round health benefits of walking. On this special day, all Albertans were encouraged to get active and walk at least 15 minutes outside.
- Every year, thousands of Albertans visit emergency departments due to unintentional poisoning. Alberta Blue Cross has partnered with The Injury Prevention Centre to support this year's Poison Prevention Week from March 18 to 24. Poison Prevention Week aims to improve awareness of medication poisoning and increase prevention of medication-related poisonings in children.
- As an advocate for injury prevention among Albertans, we are pleased to sponsor the Finding Balance seniors fall prevention campaign, which runs each November. Each year, thousands of Alberta seniors are hospitalized due to preventable falls; increasing awareness about what can be done to prevent falls is the best way keep seniors safe.
- If you're attending the Calgary International Children's Festival or the St. Albert Children's Festival coming up in May, watch for our Street Team members and our mascot, Big Blue, on site as Alberta Blue Cross is pleased to be involved as a sponsor of both events.
- Throughout 2018, Alberta Blue Cross will be sponsoring a number of public awareness forums, health expos and conferences in support of organizations including the Arthritis Society, Diabetes Canada, the MS Society and the Canadian Mental Health Association. Watch our social media feeds for more information about these events.



Edmonton 780-498-8000

Calgary 403-234-9666

Toll free 1-800-661-6995



Have a question about your coverage?

ab.bluecross.ca

We're here to help!



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