

**Important:
Get the most
from your
benefits**

Member To-Do List

Use this handy list to check off the steps you need to take within the first 90 days of your **Healthy Blue Living** coverage (for new enrollees and renewals). You'll gain the most from **Healthy Blue Living** when you do!

- Select a primary care physician.** You probably made this selection when you enrolled. If you didn't, go to **MiBCN.com/find** or call BCN at 888-656-8276 (TTY users: 800-257-9980).
- Complete** the online health risk appraisal. You'll find instructions on how to access the HRA at **MiBCN.com**.
- Partner with your primary care physician to complete the *Qualification Form*. **Please complete and sign the form legibly.**
- Return** the *Qualification Form* by fax or mail in the enclosed return envelope.
- Adopt** or actively maintain a healthy lifestyle.
- If you smoke, you'll need to join and participate in our free **Quit the Nic** smoking cessation program within 120 days of enrollment or re-enrollment. Call 800-811-1764 to enroll.

Your enrolled spouse also needs to complete these steps. If you have questions about Healthy *Blue Living*, call BCN Customer Service at 800-662-6667 (TTY users: 800-257-9980). The hours are 8 a.m. to 5:30 p.m. Monday through Friday.



**Blue Care
Network
of Michigan**

MiBCN.com