

Don't forget your yearly checkup!

Still Need Help?

Call our Customer Service
line at **1-800-495-2583**

Visit us online at **www.bcbsla.com**

Follow us on Facebook or Twitter:

 /bluecrossla  @BCBSLA



MOST PLANS HAVE LOW OR NO COPAYS FOR ANNUAL WELLNESS VISITS.



01MK6186 08/15



Louisiana

PROTECT EVERY DAY

Blue Cross and Blue Shield of Louisiana is incorporated as Louisiana Health Service & Indemnity Company and is an independent licensee of the Blue Cross and Blue Shield Association.



See Your Doctor At Least Once A Year

It's important for everyone to have a checkup each year with a primary care doctor – that's a general practice, family medicine or internal medicine doctor for adults, or a pediatrician for children.

Yearly checkups are important for:

- Getting any health screenings or shots you should have
- Asking your doctor questions about your health
- Getting help finding specialty care if you need it
- Setting personal health and wellness goals
- Catching any issues early, when they are easier to treat
- Checking your children's physical, emotional and social development to make sure they are meeting the right age milestones

If it's been more than a year since you or your child had an annual wellness visit, call your doctor's office to schedule one today. Keep in mind that if you get sick or hurt and need to go to the doctor, you can ask about doing your wellness visit at the same time.

Need to See a Doctor? We Can Help!

If you already see a primary care doctor, you can call that doctor's office to schedule your yearly checkup.

If you do not have a primary care doctor, we can help you find one. Check out our online directory at www.bcbsla.com/FindCare to see which doctors are in your network.

Or, you can call our Customer Service line at 1-800-495-2583 to ask which doctors are in the network for your plan.

You Could Have \$0 Copays with Quality Blue Doctors

Most Blue Cross plans cover an annual wellness visit with no extra copays or out-of-pocket costs for you. It costs less to see a primary care doctor than a specialist for office visits.

If you are a Blue Cross member and your primary care doctor participates in our Quality Blue Primary Care program, you may not have to pay a copayment (depending on your benefits) for office visits. This applies to the visits only – you may still be charged for other healthcare services like lab work or X-rays that you have during your office visit.

How can I tell if my doctor is in Quality Blue?

If you are a Blue Cross member and your primary care doctor participates in this program, you are part of it, too. You do not need to do anything special or pay anything extra.

General practice, family practice and internal medicine doctors can be in Quality Blue Primary Care. If your doctor is one of these, look up your doctor's name in our directory at www.bcbsla.com/FindCare. Quality Blue doctors have a blue [Q] next to their names.

You can also ask your doctor if he or she is in Quality Blue.

For more information on this program and how it helps you, visit www.bcbsla.com/MyQBPC.