

# COVERAGE YOU CAN COUNT ON



## Blue Plus benefits and services that keep you in mind

### In addition to doctor visits and care from specialists, Blue Plus also offers:

- **Health programs** to support pregnant women and people with health conditions such as asthma
- **Case management** to provide support and coordinate medical care or behavioral health services
- **Find a Doctor tool and Community Resource** link to locate doctors and resources near you
- **Learn to Live** — an online self-paced program to help with depression, social anxiety, stress and more
- **Telehealth visits** when your regular doctor is unavailable using Doctor on Demand®
- **Nurse HelpLine** — talk with a nurse 24 hours a day, seven days a week
- **Tobacco cessation program**
- **County car and booster seat program** — contact your county and ask if the program is available
- **Blue Ride<sup>SM</sup>** — rides to doctor visits (for Families and Children and Minnesota Senior Care Plus members)
- **A free smartphone** with some data and monthly minutes from SafeLink Wireless
- **Translation services** including a translator for doctor visits



Learn more about our programs and your health benefits by going to [bluecrossmn.com/publicprograms](https://bluecrossmn.com/publicprograms) or by calling Member Services at **1-800-711-9862**, TTY 711 Monday through Friday from 8 a.m. to 5 p.m. Central time.

We are committed to helping you stay healthy and giving you peace of mind.



Toll Free 1-800-711-9862, TTY 711

Attention. If you need free help interpreting this document, call the above number.

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Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association. Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an educational program and should not be considered medical treatment.

Doctor On Demand® is an independent company providing telehealth services.

Safelink Wireless is a program provided by TracFone Wireless, Inc., an independent company that provides cellular services to people who meet State eligibility requirements.