

Save Money with Value-Based Benefits for Chronic Conditions

Your plan includes value-based benefits that can help you manage your care for chronic conditions, and save you money on certain medications. Review your plan details to understand these benefits and the costs associated with your care.

Benefits of our Mail Order Pharmacy

If you have asthma, diabetes, or coronary artery disease (CAD), are at risk for cardiovascular disease,¹ have depression associated with any of these conditions, or are trying to quit smoking, certain medications are discounted for you, your spouse, or covered dependents. Instead of paying for a one-month supply of medication from a retail pharmacy, you can pay the same price and get a three-month supply through our mail order pharmacy Express Scripts®, an independent company that administers your pharmacy benefits on behalf of Blue Cross Blue Shield of Massachusetts.

If You Have...	You Can Save Money on...
Asthma	<ul style="list-style-type: none"> Certain anti-asthmatic medications
Diabetes	<ul style="list-style-type: none"> Certain medications and supplies to help manage blood sugar The first two doctor visits each calendar year for diabetes evaluation and management, diabetic foot care, or diabetic eye exams
CAD or at-risk for cardiovascular disease ¹	<ul style="list-style-type: none"> Certain cardiovascular maintenance medications (if taking both high-blood pressure and high-cholesterol medications)
Depression associated with any of the above conditions	<ul style="list-style-type: none"> Certain anti-depressant medications for members who also have asthma, diabetes, or CAD, or are at risk for cardiovascular disease¹
To Quit Smoking	<ul style="list-style-type: none"> Certain smoking-cessation medications prescribed through our mail order pharmacy or a local retail pharmacy

Taking high-blood pressure medications in combination with high-cholesterol medications

(continued)

Get Started with Our Mail Order Pharmacy

See if your medications qualify for this benefit by reviewing our online Value-Based Benefits Medications list. Visit bluecrossma.com/valuebased and select the “Resources” tab in the left column to view the list. If your medications are included, you can begin ordering them through our mail order pharmacy by:

- Visiting Express Scripts at express-scripts.com/starthd and selecting “Transfer your retail prescriptions”;
- Downloading the Express Scripts app and selecting “Register”;
- Calling Express Scripts at **1-800-892-5119**;
- Asking your doctor to e-prescribe a new 90-day prescription to Express Scripts, or fax it to **1-800-837-0959** (Express Scripts can also contact your doctor directly to arrange a 90-day prescription); OR
- Downloading and completing the Patient Profile form under the “Resources” tab at bluecrossma.com/valuebased.

Talk to Your Doctor About Your Medications

If your medication isn't on the Value-Based Benefits Medications list, talk to your doctor. You might be able to switch to a generic drug instead of a brand-name drug, which can save you money. If your doctor says you can switch to a medication that's included in the Value-Based Benefits Medications list, you'll need to get a new 90-day prescription to enroll in our mail order pharmacy. Learn more at bluecrossma.com/valuebased.

Get Help Quitting Smoking

You can access our no-cost smoking cessation programs and medications (when prescribed by your doctor) to help you quit. You can also take advantage of these free resources:

- Smoking Helpline—A multi-session telephone service with experienced counselors to help you set a date, prepare for quitting, and give you advice and support along the way. Call **1-800-QUIT-NOW (784-8669)** to access the program.
- Help Online—Available in 11 different languages, <http://makesmokinghistory.org> offers advice, success stories, and tools. Look for the Quit Wizard to help you put together your own personal quitting plan.

Questions

Member Service

- **Reason for calling:** General questions about your health plan coverage, getting a copy of your benefits
- **Call:** Phone number on the front of your member ID card (TTY: 711)
- **Hours:** Monday through Friday, 8:00 a.m. to 6:00 p.m., E.T.

24/7 Nurse Care Line

Reason for calling: Health questions if you're hurt or sick

- **Call:** 1-888-247-BLUE (2583)
- **Hours:** Registered nurses are available 24/7

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID Card (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711).

ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).



MASSACHUSETTS

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