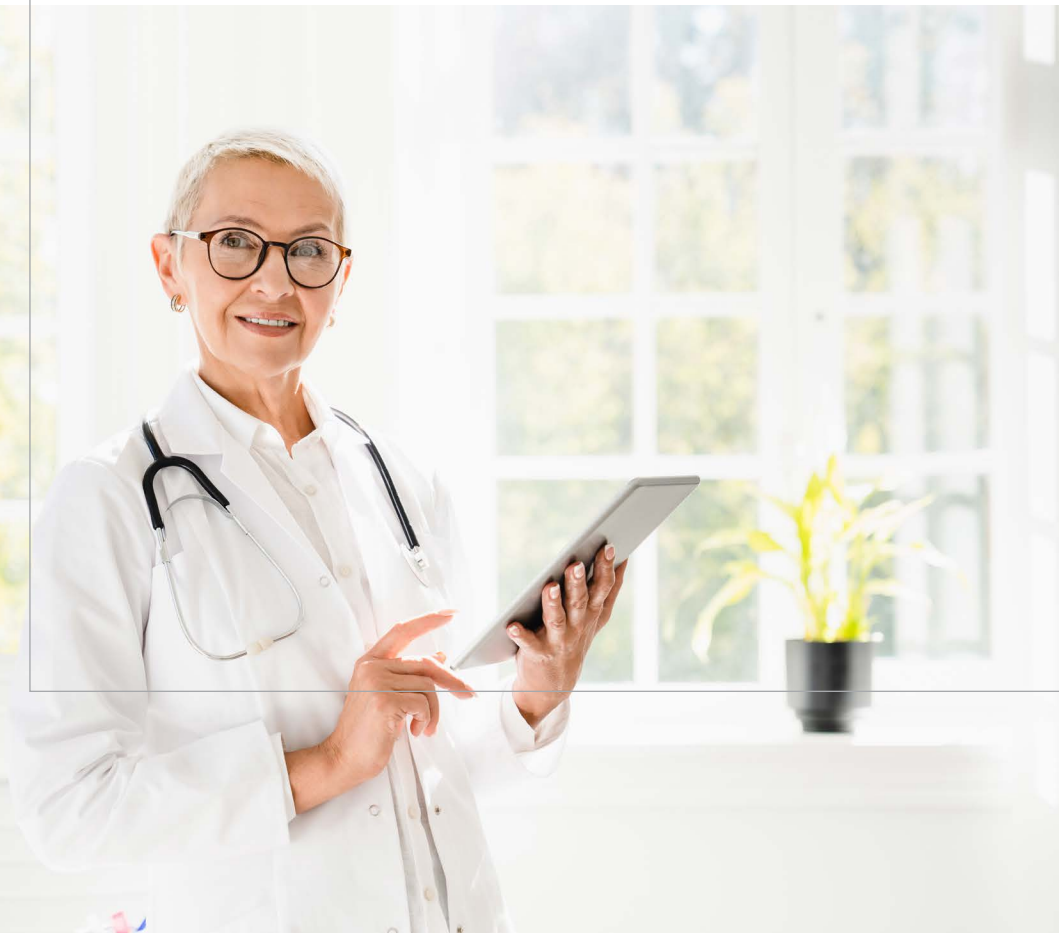


Blue Cross Medicare Supplement plans
put your **health and comfort first.**

You'll receive **specially designed extras** and **added support** with our Well-Being Program, at no extra cost to you.



Get well,
stay well
and live well with
Blue Cross Medicare Supplement.

To enroll in a Blue Cross Medicare Supplement plan:

- Contact your Blue Cross Blue Shield of Michigan agent.
- Go to www.bcbsm.com/medicare-supplement.
- Call **1-888-563-3307** (TTY: 711) from 8 a.m. to 9 p.m. Eastern time, Monday through Friday, with weekend hours from October 1 through March 31.

If you're already a member and have questions:

- Call the number on the back of your Blue Cross member ID card.
- Go to www.bcbsm.com/medicare-supplement for more information.

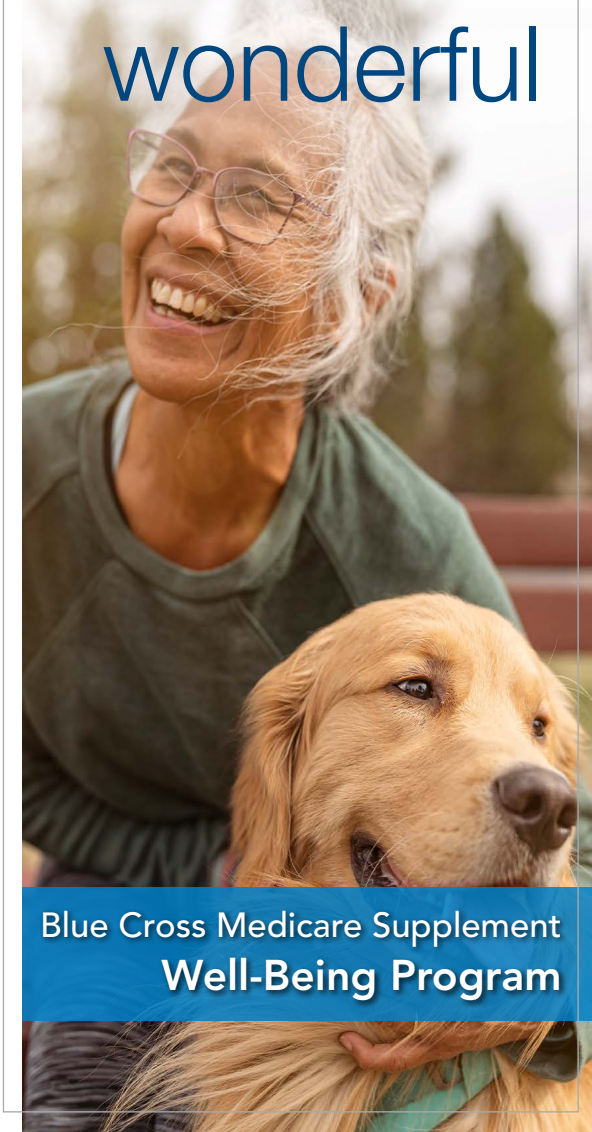
This request for information is insurance related and if you respond, you may be contacted in an attempt to sell you insurance. Blue Cross Medicare Supplement isn't connected with or endorsed by the United States Government or the Federal Medicare Program.

Blue Cross Blue Shield of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

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It's some
kind of
wonderful



Blue Cross Medicare Supplement
Well-Being Program

Lots of extras for your good health

Get exclusive discounts with Blue365®

Live the life you want with Blue365. **Enjoy discounts** at a variety of retail stores and hotels plus savings on:

- Fitness memberships
- Fitbits and other wearables
- Discounts on healthy food deliveries
- Weight-loss and nutrition programs

And deals on pet supplies, skin care, classes, mobile apps and more. See how Blue Cross saves you money on things you do every day. Get a list of current offers at www.blue365deals.com.

Reach out to the 24-Hour Nurse Line

Peace of mind is a phone call away if you have a run-in with poison ivy or wake up with a raging sore throat; we have what you need. Our compassionate **registered nurses are on-call, 24/7**, ready to share at-home treatments for minor illnesses and injuries, answer questions about chronic conditions and provide information about further treatment if needed.

Access the 24-Hour Nurse Line phone number through your online member account. **Note:** The 24-Hour Nurse Line isn't for emergency situations. If you're experiencing a medical emergency, call 911 or go to your nearest emergency room.

Connect with Blue Cross Virtual Well-BeingSM

Get guidance and support on your well-being journey with motivational webinars <https://www.mibluesperspectives.com/virtual-webinars/members> you can watch on you tablet or phone. Topics include fitness at home, preventing social isolation, meditation, healthy cooking and gardening tips. You can also download materials you'd like to revisit or share with friends and family.

Your privacy is our priority

The privacy and security of your health information is important to us. We follow strict policies designed to **protect the confidentiality of your health information**. We only use and disclose your health information as permitted by state and federal laws and as described in our Notice of Privacy Practice.

Learn more about the Blue Cross Medicare Supplement Well-Being Program at

Visit <https://www.bcbsm.com/medicare/plans/2022-supplement.html> and click the "Well-Being Program" box at the bottom of the page.

