



## Traveling abroad?

Go with Blue and spend your vacation money on the fun stuff

As a Blue Cross member, you can have peace of mind wherever you go. Through **Blue Cross Blue Shield Global® Core**, you're covered for urgent and emergency care in Michigan, across the country or around the world.

Log in to our mobile app or visit [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com) to find providers outside the United States who participate with Blue Cross. You can also find valuable resources to help you stay safe and healthy around the world. For more details, call the number on the back of your member ID card.

### Before you go.

Some countries currently restrict entry by tourists and other non-essential travelers. If you're planning a trip abroad, it's a good idea to check the embassy website of your intended destination for information on entry and exit restrictions, quarantine policies and other important health and safety concerns.

For more information about Blue Cross and BCN Medicare Advantage plans, call **1-888-563-3307** from 8 a.m. to 9 p.m. Eastern time Monday through Friday and weekend hours Oct. 1 through March 31. TTY users call **711**.



**Blue Cross  
Blue Shield  
Blue Care Network**  
of Michigan

Nonprofit corporations and independent licensees  
of the Blue Cross and Blue Shield Association

*Medicare Plus Blue<sup>SM</sup> and BCN Advantage<sup>SM</sup> are PPO, HMO-POS and HMO plans with Medicare contracts. Enrollment in Medicare Plus Blue and BCN Advantage depends on contract renewal.*

*Out-of-network/non-contracted providers are under no obligation to treat Medicare Plus Blue and BCN Advantage members, except in emergency situations. Call our Customer Service number or see your Evidence of Coverage for more information, including the cost sharing that applies to out-of-network services.*

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Wherever you go, whenever you go,  
**We're here for you**



You can count on Blue Cross Blue Shield of Michigan and Blue Care Network's Medicare Advantage plans for quality coverage at home and on the road.



Travel perks for  
**Medicare Plus Blue<sup>SM</sup> PPO,  
BCN Advantage<sup>SM</sup> HMO and  
HMO-POS plan members**



# Coverage when you're traveling in the U.S.



If you're on the road and need medical attention, the last thing you want to worry about is whether a service is covered or if you'll have to pay higher out-of-network costs.

With our **Medicare Advantage PPO** and **HMO-POS** plans, you can access a nationwide network of exceptional Blue plan doctors and hospitals that accept Medicare, often at in-network rates for emergency, urgent and some routine care.\*

*\*Plans vary; check your benefits. All Blue Cross Medicare Advantage plans offer emergency and urgent care coverage nationwide*

## Compare and save

When comparing Medicare Advantage plans, it's important to check the provider network and how it impacts out-of-pocket costs. With a Blue Cross Medicare Advantage plan, you'll travel with confidence and save money if you choose a doctor from our nationwide network of Blue plan providers.

We'll help you find the right Medicare Advantage plan so you can relax and enjoy your travels even more with the money you save.

## Quality coverage from coast to coast

With our **Medicare Plus Blue PPO** plans, you have access to tens of thousands of leading doctors and hospitals nationwide — typically at in-network rates where Medicare and the Blue Cross card are accepted. PPO members can use their Blue Cross member ID card for services and potentially save hundreds of dollars on out-of-network fees and deductibles.

With **BCN Advantage HMO-POS** plans, you have the same out-of-pocket cost at home and on the road for routine care with Blue plan providers that's prearranged by your primary care doctor.

## Doctors and therapists are a click away

No matter where you are in the U.S., you can get 24/7 virtual care for minor illnesses using a smartphone, tablet or computer through Blue Cross Online Visits<sup>SM</sup>.

Our U.S. board-certified doctors are licensed and credentialed to provide non-emergency medical visits on demand at in-network rates. If it's covered by your Blue Cross plan, these medical visits cost the same as a regular office visit.\* If you've got a general health-related question, you can call our 24-Hour Nurse Line.

*\*Plans vary; check your benefits*

## SilverSneakers® travels with you\*

If your employer included SilverSneakers in your Medicare Advantage health plan, you have access to thousands of SilverSneakers locations across the U.S. Wherever you go, whenever you go, there's a fitness class to fit your needs.

**Don't want to go to the gym?** SilverSneakers offers tons of live and on-demand online classes and video workouts making it easy to stay fit on the go!

