

WHAT IS IN IT FOR YOU?

The Florida Blue plans City of Jacksonville offers to employees and eligible dependents, isn't just there for you when you're sick!

Health and wellness can sometimes feel overwhelming. However, just a few good choices every day can put you on a better path. From health and pharmacy benefits available, to care consultants, and wellness discounts, we are here to help you make smart choices that keep you well.

¹ Preventive Medical Services covered at no cost:

- ✓ Annual preventive exams for covered adults and children with your PCP or pediatrician
- ✓ Annual OBGYN preventive exam (in addition to a PCP visit)
- ✓ Routine lab work
- ✓ Adult Immunizations (Flu Shot, Shingles Vaccine, HPV, Pneumococcal, and more)
- ✓ Child Immunizations (MMR, Dtap, Flu Shot, HPV, and more)
- ✓ Screenings (Blood Pressure, Bone Density, Cholesterol, Colorectal screenings including Cologuard, Mammograms including 3D, and Pelvic Exams)
- ✓ Breast feeding information and supplies including Breast Pumps²
- ✓ Gestational Diabetic Screenings
- ✓ Diabetic Supplies and Equipment
- ✓ Contraceptives³

¹ Preventive Medications covered at no cost:

- ✓ Folic acid supplements
- ✓ Statins
- ✓ Tobacco Cessation
- ✓ Vitamin D
- ✓ Iron Supplements
- ✓ Fluoride Supplements
- ✓ Aspirin
- ✓ and more



For a list of specific medications covered at no cost in these categories, contact Florida Blue by calling the number on the back of your ID card or visit FloridaBlue.com and locate the Medication Guide for your plan. All medications in this category must have a prescription from your provider in order to be covered.

¹ Certain tests, screenings and medications have specific frequency and age requirements to be covered at no cost. Contact Florida Blue for more information.

² There are certain brand of breast pumps that are covered at no cost, contact Florida Blue for more information.

³ For a complete list of specific contraceptives covered under medical and pharmacy, contact Florida Blue.

Stay informed and in control 24 hours a day, 7 days a week!

With Florida Blue, you have access to health and wellness resources through our member site. We will help you stay healthy and find the care you need. You can even call us or visit us in person at a Florida Blue Center for personal attention from caring professionals. The more you know, the easier it is to get well and save money. We are here with you every step of the way, in your pursuit of health.

- ✓ Check plan benefits and see the status of your claims
- ✓ Find the nearest in-network doctor, Urgent Care Center or pharmacy
- ✓ Compare medical costs
- ✓ View your member ID card
- ✓ Click to call on the mobile app



Care Programs:

Florida Blue offers support to help you manage a minor condition, chronic illness or a life-threatening disease. We offer online programs and personalized member assistance to support you every step of the way from help finding a doctor and coordinating the care you receive, to explaining your benefits and estimating your costs for medical procedures.

- ✓ 24/7 Nurse Advice Line: 877-789-2583
- ✓ Condition Care: Registered Nurses to provide support and education related to a condition
- ✓ Care Consultants to help you maximize your benefits 888-476-2227
- ✓ Maternity programs for mom's to be or high risk pregnancies 800-955-7635, option 6
- ✓ Care Coordination for complex care needs 888-476-2227

Blue365, Because Health is a big deal!

You can save on a wide variety of healthy products and services through our members-only discount program—Blue365*. Take advantage of exclusive discounts at select local companies and leading national brands for your everyday health and wellness or family care—even healthy vacation destinations! Save on nutrition and weight management programs and so much more!

It's easy to find out all the details about these exclusive savings – the information is available online 24/7 for your convenience.

New products and services are being added to the member discount program all the time—so check back often for new savings opportunities.

Register now through [FloridaBlue.com](https://www.floridablue.com)