

Your Health Care Resource

2009 Open Enrollment Guide
for the State of Kansas

Trusted.

Dependable.

Recognized.



**BlueCross
BlueShield
of Kansas***

www.bcbsks.com

Comprehensive Online Presence

www.bcbsks.com – Customized Web site for State Employees

State of Kansas employees and their covered spouses and/or dependents have an online source for information and support 24 hours a day, seven days a week. Our vibrant site is also a source for valuable health and wellness information and links to other health-related sites. But it doesn't end there. You'll also find useful sections allowing you to:

- [View recent claims activity and sign up to be notified by e-mail when a claim has been processed](#)
- [Access forms](#)
- [Review benefit information](#)
- [Learn about health insurance terms](#)
- [Read and download copies of the *Healthy You* newsletter](#)
- [Read pertinent FAQs](#)



Convenient Online Provider Directory

Looking for a doctor, hospital, pharmacy or other medical professional contracting with Blue Cross and Blue Shield of Kansas? Turn to our convenient online Provider Directory to determine whether your current provider contracts with your program network or to search for a new provider located near you.

The majority of our contracting providers are located in our 103-county service area. However, we also contract with some self-administered pharmacies, dental providers, vision providers, laboratories and durable medical equipment suppliers not in our service area. Searching for out-of-area providers may be accomplished through specific links identified as “Kansas City Area,” “Out of State” or “Out of Country.”

Instant Coverage Information

Year-to-date deductible, coinsurance and copay information is only a few clicks away when visiting the secure area of the Web site. Other information such as details about your health care claims and eligibility information is also available.

And Much More...

Accessing our Web site can be your complete source for health and benefit information. You may also:

- [Order a new I.D. card without calling customer service](#)
- [Sign up to receive an e-mail message from BCBSKS when we've added new or updated information to the Web site](#)

Your Health Care Partner

Access to the Broadest Network of Providers

Health insurance is of little use if it is not recognized and welcomed by the health care providers you choose.

In our 103-county service area, the Blue Cross card is accepted by:

- 98 percent of physicians and general acute care hospitals
- 94 percent of other providers

Since 1942, we have built a strong collaboration with Kansas providers, sharing a common mission of working for the best interests of all Kansans in need of health care.

Even More Access with BlueCard®

BlueCard, a cost-saving cooperative effort of the independent Blue Plans, allows members to receive discounts providers have agreed to with the local Blue Plan when receiving services away from home.

- Access to more than 90 percent of all doctors in the U.S.
- Access to 80 percent of U.S. hospitals
- Access to providers in more than 200 countries and territories worldwide
- Easy to use - no claim forms to file



Healthy Options Care Management

Under this program, members with chronic health conditions receive education, tools and one-on-one support designed to improve overall health status and to provide ongoing encouragement. The care management initiatives are focused on:

- Diabetes
- Coronary artery disease
- Asthma
- Heart failure
- High blood pressure/high cholesterol



Case Management Program

Members can achieve the best health possible for their medical condition while developing an ongoing plan of care with a professional registered nurse, doctor and the member's family. Examples that might benefit from case management include:

- Head injuries
- Terminal care
- Strokes
- Premature/high-risk infants

Participation in the care and case management programs is free and voluntary. Members may elect to discontinue the program at any time.

For more complete information or if you have any questions about a covered service or limitation, please call: **291-4185 (in Topeka)** or **1-800-332-0307 (toll free)**

Resource Blue

Your health identification card has always been your key to good health, and now it's even more valuable than ever!

Our value-added discount and health & wellness awareness program is called Resource Blue. There are no enrollment forms to fill out. And, you're automatically eligible!

To access these vendors online, visit us on the Web at www.bcbsks.com/resourceblue. If you have questions about a particular discount program, a toll-free number for each vendor is available.

Complementary & Alternative Medicine

Discount Complementary & Alternative Medicine

- Massage & Bodywork
- Acupuncture
- Nutritional Counseling
- Exercise & Movement (including Yoga, Pilates, Tai Chi & personal trainers)
- Mind & Body Therapies
- Fitness Centers

For provider network information call **1-877-867-9648** or visit the Resource Blue Web site.

Online Consumer Education Tools

- Vitamin & Supplement Discounts
- Healing Centers & Kitchen
- Reference Library
- News & Perspectives
- Healthy Reading Program



**BlueCross
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Health & Wellness

- Personalized Health Dashboard*
- Health Assessments*
- Health & Wellness Information, Tools & Quizzes
- Disease & Conditions Centers
- Prescription Drug Information Savings
- Health News
- Health Encyclopedia
- Care Management Programs for Chronic Conditions

*Available to registered members, their spouses and dependents.

Discount Partners

Vision

- Laser vision correction from **TruVision 1-877-568-2020**
 - 10% discount
 - All pricing includes free screening, preoperative exam, post-operative care and TruVision Enhancement warranty
 - Services available include:
 - Conventional or Custom LASIK
 - Conventional or Custom PRK
 - Bladeless flap technology
 - Mail order contact lenses
- Discounts from **EyeMed 1-866-724-0313**
 - 30% discount on complete pair of eyeglasses including frame, lenses and lens options
 - 15% discount on conventional contact lenses

Hearing

- Complementary hearing screening and up to 60% off digital hearing instruments with warranty from TruHearing 1-877-257-4040
- Free hearing screening, 25% discount on hearing aids, free hearing aid batteries for one year and a two-year warranty from Beltone 1-800-BELTONE