



Get ready for enrollment

Learn how to enroll successfully and get the most out of your benefits in the coming year. Use this checklist to help make choices that are right for you and your family.

Your health benefits are provided by the Metro Interagency Insurance Program (MIIP), and administered by Wellmark® Blue Cross® and Blue Shield®.

Know and understand your benefits

- Read all enrollment materials**
Before electing your benefits, be sure to thoroughly review all materials you've received about annual enrollment including this tip sheet, the annual enrollment FAQ, and the plan comparison guide.
- Talk with your family**
It's important to discuss your options and make benefit decisions together.

Think about your coverage needs

- Go over what's new with you**
Do you or your family members have any upcoming medical procedures, new health conditions, or are you taking new medications? All of these can affect the health insurance coverage you may need.
- Review who you will be covering**
Even if you haven't had any major life changes, it's a good idea to double-check and confirm who you plan to include in your coverage.
- Use your tools**
Not sure which health plan is right for you? Visit myWellmark®, your secure member portal, to review and estimate your health care spending. Learn more about myWellmark on the back of this resource, then register or log in at myWellmark.com.

Complete your enrollment

- Gather your information**
You may need Social Security numbers, birthdates and other general information for yourself and your family members to complete your enrollment.
- Enroll by the deadline**
Missing the deadline means you can't enroll or make changes to your benefits unless you have a qualifying event: a major life change that makes you eligible to update your benefits outside of the annual enrollment period. Qualifying events can include marriage, divorce, the birth of a baby and more. Reach out to your benefits administrator if you have questions or need to report a qualifying event.
- Review your choices**
If your organization provides a benefits enrollment confirmation, review it closely to make sure you are signed up for the benefits you prefer.
- Watch the mail**
If you elected a new or updated plan, a new ID card will be sent to your home.
- Select a PCP**
If you're enrolling in the HMO Core or HDHP Value plan, be sure to select your PCP in myWellmark starting July 1.



Take advantage of your benefit perks

Once you are enrolled, you'll find that being a Wellmark member has its perks! Use the tools to the right to review your benefits, find and shop for care, save on healthy purchases and more.



myWellmark®

Access your insurance information — whenever and wherever you need it.

- Generate year-to-date spending reports to help you determine which plan is right for you
- Track claims
- Find doctors in your network
- Access your Wellmark ID card
- **NEW!** Select and manage your PCP (not applicable to PPO Choice or PPO Core plans)

Register or log in: [myWellmark.com](https://mywellmark.com)

Pregnancy Support Program

Get information to help you have a healthy, stress-free pregnancy.

- Robust digital resources available through myWellmark
- Online pregnancy assessment
- Access to nurses

Register at: [myWellmark.com](https://mywellmark.com)
or call 800-552-3993 ext. 3727

Blue365®

Get deals and discounts on healthy purchases, like:

- Fitness trackers
- Athletic shoes
- Glasses
- Hearing aids

Start saving now:

[Wellmark.com/Blue365](https://wellmark.com/Blue365)

Doctor On Demand®

Need a doctor? Get affordable care anywhere.

- Access care and prescriptions via virtual visits with board-certified physicians 24/7*
- Low or no costs for visits, depending on your health plan
- Perfect for colds, flus, allergies, sick kids, mental health concerns and more

Register or get care now:
DoctorOnDemand.com

BeWell 24/7SM

A free, 24/7 phone line for fast answers to your health care questions.

- Talk to a nurse about symptoms and medications
- Learn about treatment options
- Make and coordinate doctor appointments

Call anytime, day or night:
844-84-BEWELL

meQuilibrium™

Break your stress cycle and become more resilient.

- Discover your stress personality
- Learn to control your mood with healthy coping mechanisms
- Create new habits through guided retraining exercises

Visit the myWellmark Wellness Center to enroll: [myWellmark.com](https://mywellmark.com)

*For prescriptions, member cost share applies. Doctor On Demand physicians do not prescribe Scheduled I-IV DEA Controlled Substances and may elect not to treat or prescribe other medications based on what is clinically appropriate. In the event of high overnight call volume, you may be directed to make an appointment with a Doctor On Demand provider for the following morning. Mental health visits are by appointment only.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Wellmark Blue Cross and Blue Shield of Iowa and Wellmark Health Plan of Iowa, Inc. are independent licensees of the Blue Cross and Blue Shield Association. Blue Cross® Blue Shield®, Blue365® and the Cross and Shield symbols are registered marks of the Blue Cross and Blue Shield Association, an Association of Independent Blue Cross and Blue Shield Plans. Wellmark® and myWellmark® are registered marks, and BeWell 24/7SM is a service mark of Wellmark, Inc. Doctor On Demand® by Included Health® is a separate company providing an online telehealth solution for Wellmark members. Doctor On Demand® is a registered mark of Doctor On Demand, Inc. meQuilibrium™ is a trademark of New Life Solution, Inc. meQuilibrium is an independent company that does not provide Wellmark Blue Cross and Blue Shield products or services. M-2821967 3/24