



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 checklist, 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 Primary Care Provider (PCP)**
If you enroll in any plan that is not a PPO, you must select a PCP in myWellmark. Your selection will be kept until you update it or leave the plan.



Take advantage of your benefit perks

Once you are enrolled, you'll find that being a Wellmark member has its perks! Use the tools below 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.

- Track claims and generate year-to-date spending reports
- Find doctors in your network
- Access your Wellmark ID card
- Select and manage your PCP (not applicable to PPO Choice or PPO Core plans)

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

Wellmark Connect powered by WebMD®

Get free, personalized well-being support to work on your goals.

- Browse the extensive library of fitness videos, mental health podcasts, recipes and more
- Find helpful tracking tools for steps, mood and mindfulness
- Try a Daily Habits™ plan to improve habits with small steps

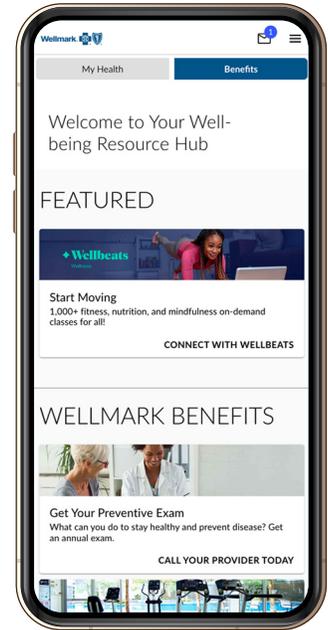
Visit [myWellmark.com](https://mywellmark.com) and select the Well-being tab to get started.

Wellbeats® Wellness

Work on your health from anywhere with your free well-being benefit.

- Choose from 1,200+ on-demand fitness, nutrition and mindfulness classes
- Stream on a personal device at home or on the go
- Get started with one of 60+ goal-based programs for all ages, levels, abilities and interests

Activate your subscription through Wellmark Connect.



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Need a doctor? Get affordable care anywhere.

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- Perfect for colds, flus, allergies, sick kids, mental health concerns and more

Register or get care now: DoctorOnDemand.com/Wellmark

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

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

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- Learn about treatment options
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Call anytime, day or night: **844-84-BEWELL**

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Get deals and discounts on healthy purchases, like:

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Start saving now: Wellmark.com/Blue365

*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.

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