

# myCARE NAVIGATOR<sup>SM</sup>

HELP IS JUST A PHONE CALL AWAY



## TOP REASONS TO CALL US...



### FIND THE RIGHT DOCTORS

Whether you need a primary care doctor or specialized care, we'll help you find a network doctor to meet your needs.



### SCHEDULE APPOINTMENTS

We can help you get an appointment promptly – even with hard-to-reach specialists.



### SHARE MEDICAL RECORDS

If you have a new doctor or several providers, we can make sure they all have access to your medical records, including x-rays and lab results.



### GET HELP WITH SECOND OPINIONS

Making a decision about surgery or another procedure? We'll find a doctor and make an appointment so that it's easier for you to get a second opinion before you decide.



### UNDERSTAND PRESCRIPTION DRUG COVERAGE

Generic drug vs. brand? What's a formulary? Should you be using a mail order service? Get the answers that can help you save money.



### GET MAXIMUM VALUE FOR YOUR HEALTH COVERAGE

Whether it's choosing a provider, getting the preventive care you need or making health care decisions, we're here to help.

## YOUR DEDICATED HEALTH ADVOCATE

Call myCare Navigator for answers to your questions and help with these and other care issues. This helpful service is available to you and to your spouse, parents, parents-in-law and dependent children free of charge and free of hassles!



**CALL 1-888-BLUE-428**

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