



BlueCross BlueShield of Illinois

December 2011

Dear Member,

Blue Cross and Blue Shield of Illinois (BCBSIL) wants you to know about Illinois laws that may affect your health care plan.

Dependent Age Coverage Reminder

An Illinois “dependent age” law took effect in June 2009. The law gives you the option to keep health care and/or dental coverage for you:

- **Non-military dependents to age 26** (regardless of child’s residency, employment, student, marital or financial status or, in some cases, other available coverage)
- **Returning military dependents under age 30** (military dependents age 26 to 30 must be unmarried, Illinois residents discharged other than dishonorably)

Check with your benefits manager for details and effective date or call the customer service number on the back of your ID card.

Civil Union Coverage

The Illinois Religious Freedom Protection & Civil Union Act took effect on June 1, 2011. If your existing health policy already covers spouses and children in marriage, you can add a civil union partner and dependent children to your health plan coverage:

- Within 31 days of entering into a civil union, or
- Within 31 days of a partner’s loss of coverage, or
- During your plan’s open enrollment

Protect Your Best Investment – Your Heart

Each day your heart beats close to 100,000 times and pumps close to 2,000 gallons of life-giving blood throughout your body.

Sadly, coronary heart disease is America’s leading killer. Here’s what you can do to help lower your risk:

- Don’t smoke or use other tobacco products.
- Eat a varied diet rich in fruits, veggies and low-fat foods.
- Keep a healthy weight.
- Get at least 30 minutes of exercise, most days of the week.
- Keep cholesterol levels in normal ranges.
- Control your blood pressure.
- Have regular health exams (checkups) with your doctor.

Isn’t now a good time to take stock in your best asset? Talk to your doctor about your heart health. And learn more about wellness at bcbsil.com.

Best wishes to you and your family for a happy and healthy new year.

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Content for outside half-panel:

For fully insured, non-HMO members and Consumer Markets:

Use these resources to help you have a healthy 2012!

- Look for health and wellness tips at bcbsil.com, and on our Facebook (facebook.com/bluecrossblueshieldofillinois) and Twitter pages (twitter.com/bcbsil).
- Find in-depth stories about vital health topics at BeSmartBeWell.com.
- Use your BlueExtrasSM program to find savings on health and wellness products and services, such as vision care, fitness centers, spas and more.
- Go to bcbsil.com/mobile from your mobile phone's Web browser to get health tips and check your benefits on the go.

For fully insured, HMO members:

Don't miss the last issue of BluePrints for Health!

The winter issue of your member newsletter is now available online at bcbsil.com/blueprints. It gives you health tips and the latest updates from your Blue Cross and Blue Shield of Illinois (BCBSIL) HMO.

In this issue, read about how to manage holiday stress and what you should know about cervical cancer. Also, learn more about how to find your health care benefits online, ER coverage, and Blue StarSM ratings for providers in your HMO network

If you do not have Internet access, please call 312-653-3355 to ask for a printed copy of the newsletter.

Winter *BluePrints for Health* is the final issue of your member newsletter. To continue to receive news from BCBSIL and to get the new *LifeTimes* newsletter via email instead, make sure you have registered for Blue Access for MembersSM (BAM) at bcbsil.com/blueprints.

As a bonus, if you log in or sign up for BAM at bcbsil.com/blueprints by **Feb.1, 2012**, you'll be entered into a drawing for a chance to win an **Amazon Kindle e-Reader***.

**Go to bcbsil.com/blueprints to view the Kindle promotion details.*