



The road to better health

To help you on the road to better health, we have created a resource site for our members. It's called My Good Health® and it's available to you through mybluecross®. It includes the following resources:

- A Health Risk Assessment tool
- Comprehensive health information on medications and natural health products
- Detailed explanations of conditions, diseases, medical tests and procedures
- Sophisticated, interactive and individually-tailored programs
- A community support directory
- Monthly e-newsletters
- Interactive health calculators
- Guides and screening tools

We want you to succeed and we're committed to helping you get there. Visit My Good Health® and build your health profile today.

Registration is easy!

Look for this icon  mybluecross®

to sign into your customized member account. You'll find it at the top right-hand corner of any page!

Sign up today!



 mb.bluecross.ca

We're here for you.

In Person

Customer Service Centre
599 Empress Street
10:00 a.m. - 4:00 p.m.
Tuesday through Friday

Claims Drop Box
24 hours a day

By Phone

204.775.0151 (within Winnipeg)
1.800.873.2583 (toll free)
8:00 a.m. - 5:30 p.m.
Monday through Friday

By Mail

Manitoba Blue Cross
PO Box 1046 Stn Main
Winnipeg MB R3C 2X7



Access Your
Benefits Online



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Access your plan in one easy step!

Register for [mybluecross](https://mybluecross.ca)® at mb.bluecross.ca and gain access to all of your plan information. It's that simple!

Plus, with [mybluecross](https://mybluecross.ca)® you can:

- Submit claims for prescription drugs, vision and health services*
- View benefit and coverage information
- Upload prescriptions, Pharmacare documents and receipts for audited claims*
- Check vision eligibility and HSA balances*
- View claim and payment history
- Print a yearly summary of claims for tax purposes
- Display or print an ID card
- Learn about eligible savings through our Blue Advantage® program
- Access My Good Health®, our exclusive online health resource

**Feature dependent on plan type*



Inside your customized account

My Claims:

- Submit a claim
- Upload receipts for audited claims
- View claim history
- View payment history

My Coverage:

- Access coverage information
- Confirm claiming requirements
- Check vision eligibility*
- View HSA balances*
- View claim pre-authorizations
- View uploaded prescriptions

My Account:

- Manage account
- Update direct deposit
- View correspondence
- Upload prescription and Pharmacare documents
- Access tax-related information

Home
Download Forms
Contact Us
FAQ
Glossary

**Feature dependent on plan type*



Save today!

Discover the savings available to you through our Blue Advantage program. Receive deals on medical, vision and a variety of other products and services offered by participating service providers across Canada, regardless if the item is covered under your benefit plan.

How does it work?

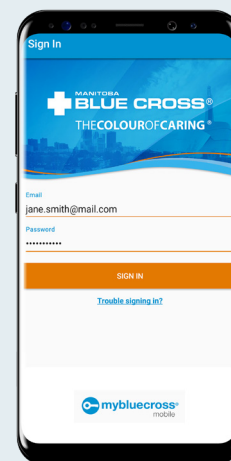
It's easy! Sign into [mybluecross](https://mybluecross.ca)® or go to blueadvantage.ca to check out the complete list of participating service providers and eligible savings.* When paying for your product or service, present your Manitoba Blue Cross ID card, mention the Blue Advantage program, and enjoy your savings!

**The list of providers and types of savings available are subject to change without notice.*

Manage your plan on mobile

With our free mobile app you can:

- Submit claims on-the-go
- Upload pictures of your receipts
- Check the status of your claims
- View and search for past claims



Get the app



For iOS

- Go to the App Store
- Search "mybluecross"
- Tap to view description
- Tap the install icon

For Android

- Go to Google Play
- Search "mybluecross"
- Tap to view description
- Tap "Install"