

Verify your own benefits by logging in to [www.bcbsnc.com](http://www.bcbsnc.com)

From the Members tab, log in using your UserID and Password.

If you are new to Blue Connect, click "Register for Blue Connect". You will need your insurance card to register.

The screenshot shows the homepage of BlueCross BlueShield of North Carolina. The browser address bar displays "www.bcbsnc.com". The page features a navigation menu with "Members" selected. A large banner asks "Questions About Your Bill?" and encourages logging in to Blue Connect. Below the banner, there are three main sections: "Members" with a login form (User ID, Password, Log In, Forgot User ID, Forgot Password, Register for Blue Connect), "Blue Connect" with a list of benefits (Forms for claims, Details about plan benefits, Access to personalized wellness programs, Exclusive online discounts) and a link to BlueConnectNC.com, and "Find Doctors & Facilities" with a search bar and links for North Carolina/United States, Outside the United States, Medicare Providers in North Carolina, and Medicare Providers Outside North Carolina.

Click the Benefits Tab.

The screenshot shows the Blue Connect members portal. The browser address bar displays "https://www.bcbsnc.com/members/secure/index.htm#/" and the page title is "Blue Connect - Blue Cross". A red arrow points to the "Benefits" tab in the navigation menu. The navigation menu includes "Home", "Benefits", "Claims", "Doctors & Facilities", "Wellness", and "Prescriptions". The page features a "Profile" button and a "Get the BCBSNC updates and news you want, the way you want. Visit How We Contact You." notification.



SUMMERFIELD  
CUSTOM WELLNESS

Click on "View your Medical Benefit Booklet"

- Overview
- FAQs About Benefits
- Prior Review
- When You Travel
- 10 Ways to Manage Health Care Costs
- Estimate Health Care Costs
- Discounts

# Benefits

## Your Benefits Usage

Select a Policy:

In-Network Out-of-Network

### Expense Summary

Expenses Applied to Deductible

\$0.00

Your Deductible

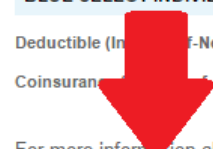
\$0.00

\$0

[What's this?](#)

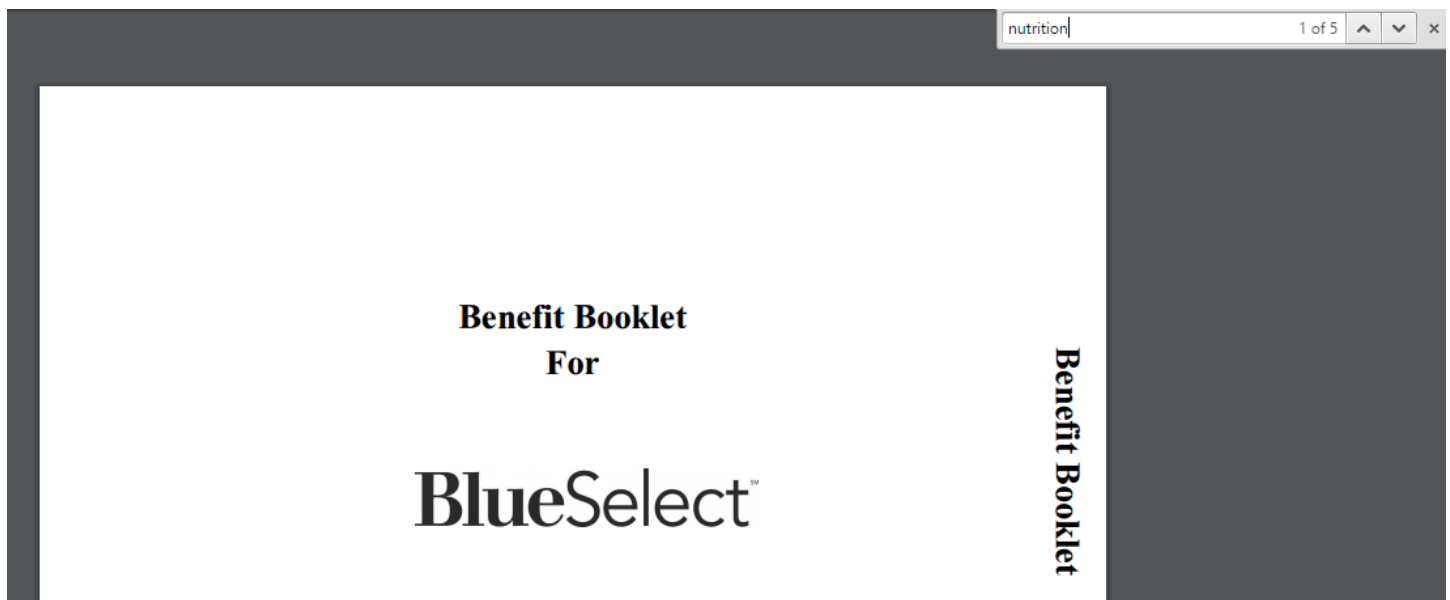
### Benefits Summary

<b>BLUE SELECT INDIVIDUAL</b>	YPT10195073200
Deductible (In-Network / Out-of-Network)	\$1,000 / \$2,000
Coinsurance (In-Network / Out-of-Network)	You Pay: 40% / 50%



For more information about your plan:  
[View your Medical Benefit Booklet](#) (pdf)

Hold Ctrl and F at the same time to bring up the search box in the upper right corner. Search for "nutrition".



Click the down arrow next to the search box until you get to your Preventive Care Services.

This should tell you about your Nutritional Counseling benefits.

BCBSNC delegates administration of your mental health and substance abuse benefits to Magellan Behavioral Health. Magellan Behavioral Health is not associated with BCBSNC.

To request PRIOR REVIEW, please see the numbers in "Who to Contact?"

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**PREVENTIVE CARE Services**

For PREVENTIVE CARE services that are not mandated by federal or state law, benefits will depend on where the services are received. This benefit is only for services that your PROVIDER indicates a primary diagnosis of preventive or wellness on the claim that is submitted to BCBSNC. Also see "PREVENTIVE CARE" in "COVERED SERVICES."

<b>Federally-mandated PREVENTIVE CARE Services</b>	No Charge	<b>Benefits not available</b>
Available in an office-based, outpatient, or ambulatory surgical setting, or URGENT CARE center. For the most up-to-date list of PREVENTIVE CARE services that are covered under federal law, including general preventive services and screenings, immunizations, well-baby/well-child care, and women's PREVENTIVE CARE, see our website at <a href="http://www.bcbsnc.com/preventive">www.bcbsnc.com/preventive</a> or call BCBSNC Customer Service at the number in "Who to Contact?"		
<b>State-mandated PREVENTIVE CARE Services</b>	No Charge	30% after deductible

Nutritional counseling visits are covered IN-NETWORK regardless of diagnosis.

The following services are state-mandated and required to be offered both IN- and OUT-OF-NETWORK: gynecological exams, cervical cancer screening, ovarian cancer screening, screening mammograms, colorectal screening, bone mass measurement, prostate-specific antigen tests, and newborn hearing screening.



nutrition 5 of 5 ^ v x

A large red arrow points upwards from the bottom of the search results panel towards the search box.