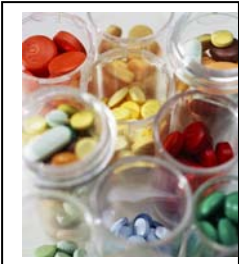


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Your new Pharmacy Identification Card will be accompanied by a mail order registration form.

- You will save the most money by using the Walgreens Health Initiatives (WHI) mail order. You can receive a 90 day supply for:
 - value based generic drugs for \$10
 - generic for \$20
 - Preferred brand for \$50
 - Non-preferred brand for \$100
- Complete the Walgreens Mail Service form that accompanies your ID card and return to Walgreens. You may also register on line at www.mywhi.com after you have received your unique ID number from Walgreens.
- New prescriptions must be mailed to the mail service pharmacy at Walgreens Mail Service, P.O. Box 628001, Orlando, FL 32862-8001
- For long-term medications you need right away, ask your doctor for two prescriptions- one for a small supply to fill at a participating pharmacy and one for a long term supply to fill through the mail. Remember to have your doctor write the script for a 90 day supply.
- Allow for two weeks for delivery of your mail order RX.
- Valid refills from Medco™ (ICUBA's previous Pharmacy Benefits Manager) that are not controlled substances or compound drugs will be automatically transferred to WHI.
- If you have questions, call WHI Customer Care Center at 1-888-265-1807 or log on to www.mywhi.com
- For questions regarding covered medications call 1-800-207-2568.
- Certain prescriptions require "clinical prior authorization" or approval before they are covered. To confirm whether you need clinical prior authorization or to request approval call 1-877-665-6609.

Important Information to Improve Your Health

Blueprint for Health® offers you a master plan to a better you. Your blueprint is just a few clicks away, so the next time you wonder...

Logon to www.bcbsfl.com



Need a MyBlueService password?

- Go to www.bcbsfl.com
- Click on MyBlueService
- Select "New User" and follow the Instructions

Important information regarding your Blue Cross Blue Shield Plan.

You will be receiving a new ID Card which will have a new ID number and alpha prefix. The ID card will not display your dependent's name. You will receive two ID cards. If you need more cards, call BCBSFL at 1-800-664-5295 or log on to www.bcbsfl.com. You will need to show this card the first time you receive services after April 1, 2008 as your old card will be disabled.

If you're looking to make lifestyle changes to improve your health, we can help. Blue Cross and Blue Shield of Florida's Blueprint for Health® program

Blueprint for Health® includes free, online personalized wellness plans that can help you eat healthier, manage your weight, quit smoking, control stress, and prevent back pain.

All programs are created to meet your specific needs. The programs begin with a survey, which takes 15-20 minutes to complete. Based on your answers, a personalized wellness plan is created just for you and you will receive a one-time annual \$25 incentive each 12 month period for doing so. Every eligible employee is entitled to this new program April 1, 2008. You will also receive follow-up information and support to help you stay on track as you work to reach your wellness goals.

Go to www.bcbsfl.com, log into **MyBlueServiceSM>Health & Wellness>Member Tools>Know Your Health Risks**, then click the **Healthy Living** tab on the Dialog CenterSM. You can then access the following programs:

- HealthMedia® Breathe™**
Take steps to quit smoking
- HealthMedia® Balance™**
Manage your weight and physical activity
- HealthMedia® Relax™**
Manage stress
- HealthMedia® Care™ for Your Back**
Prevent and treat low back pain
- HealthMedia® Nourish™**
Make healthy eating decisions