

Customer E-Service provides you with greater control of your plan and offers the tools to achieve a healthier you.

**Access Your  
Benefits Online**

**Registration is easy!**

Go to our website at [www.mb.bluecross.ca](http://www.mb.bluecross.ca)

Click the Customer E-Service link on the right hand side of the screen, then follow the steps to register. Make sure to have your Manitoba Blue Cross card on hand.

**Sign up today!**

[www.mb.bluecross.ca](http://www.mb.bluecross.ca)



**The road to better health**

To help get you on the road to better health and keep you there, we have created a resource site for our members. It's called My Good Health™ and it's available to you through Customer E-Service.

- 1 Your journey to better health starts with your health profile.
- 2 After answering a few questions, you get a health report outlining steps to achieve a healthier you.
- 3 As you move toward your new health goals, My Good Health provides you with access to tons of information and community support.
- 4 When you need extra motivation to go on, it keeps you focused with interactive calculators and quizzes.

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



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# Customer E-Service

## Improve your quality of life — one click at a time

When you know what's covered under your plan, you can make better decisions for your health. Customer E-Service is our online access to plan and claims information. It allows you to:

- Submit claims online\*
- Register for direct deposit and have claim payments deposited directly into your bank account
- Access My Good Health™, a health resource site for plan members
- View your coverage
- Check benefit eligibility and find out what you need to submit a claim
- Check the status of a claim and view claim history



\*This service is available for select benefits depending on your plan.

- Print a temporary ID card and have a new card automatically issued to you
- View Health Spending Account balances (if applicable)

## Environmentally friendly

In addition to helping your family stay well, Customer E-Service is good for the environment.

Reduce paper use and reliance on transportation by taking advantage of online claims, direct deposit and online statements.

## Customer E-Service is secure

- Your password, email address and secret question can be changed at anytime
- Auto sign-out after 30 minutes of inactivity
- VeriSign Extended Validation SSL certificates
- 256-bit industry standard encryption



## Save with BLUE ADVANTAGE®

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 BLUE ADVANTAGE® work?

It's easy! While in Customer E-Service, go to Blue Advantage and check out the complete list of participating service providers and eligible savings or visit [www.blueadvantage.ca](http://www.blueadvantage.ca).\* Present your Blue Cross ID Card at the point of sale to the participating provider, mention the Blue Advantage program, and enjoy your savings!

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

