

Using BESTLife.com to Better Your Health

Did you know that being well-informed about health issues and understanding how your plan works may reduce your medical care costs and help you maintain a healthy lifestyle?

Information is a powerful health management tool, which is why our website is packed with articles and resourceful links.

Just visit www.bestlife.com/members.html and take advantage of all our site has to offer:

- Our Glossary of Terms makes it easy to look up an insurance term
- Provider Directory Lookup to find a dental or medical provider in your network
- Forms for filing a claim or for adding a dependent are posted on our site
- Explanations on
 - » How your BEST Life plan works
 - » Caremark Prescription for medical plan members
 - » Vision Discounts, which are not just for vision plan members
- Frequently Asked Questions have answers about Your BEST Life plan
- Health & Wellness section provides an overview of topics like Diabetes, Eye Care, Smoking Cessation, Oral Care, and Prenatal Care.
- Educational Links lists educational websites and provides a directory of online communities.
- Company Blog covers insurance topics, company practices and answers questions we receive.



Have you heard?

Online communities allow you to connect with people who have the same conditions or concerns and may help you gain new insight and/or support. The concept is based on the wisdom of the crowd. So far, one THINK-Health researcher has found that "When patients managing the same chronic condition share observations with each other, their collective wisdom can yield clinical insights well beyond the understanding of any single patient or physician."¹

We make it easy for you to take advantage of this benefit the Internet provides. Locate an online community by visiting www.bestlife.com/onlinecommunity.html.

¹Sarasohn-Kahn, Jane. The Wisdom of Patients: Health Care Meets Online Social Media. Rep. ihealthreports, 2008.