



Stay on top of your health with educational and informational alerts

When life gets busy, our own health and well-being can be overlooked. Signing up to get text messages from Blue Cross of Idaho is a great way to stay on top of your health.

When you opt in to get text messages from Blue Cross of Idaho, you'll get:

- Updates on health plan benefits available for you
- Reminders for when it's time to get preventive care
- Helpful tips on how to get and stay healthy
- Updates on COVID-19

Know that Blue Cross of Idaho will not share your phone number with anyone. We will only send you educational and informational text messages two times per month at most.

SIGN UP TODAY!

You can sign up to get these texts from Blue Cross of Idaho in one of two ways:

- Visit connectbcidaho.com/signup
- Text **bluecrossidaho** to 73-529

Be sure to have your member ID card nearby so you can enter your member ID number in the sign-up form. Be sure to use the nine-digit portion of your member ID number.

Want to opt out of receiving these text messages? Reply "STOP" to any Blue Cross of Idaho text message and you will be removed from our contact list.