

INDIVIDUAL HEALTH PLANS

BLUE CONNECT



Select Network product designed for the **Greater New Orleans/Northshore/Bayou, Lafayette/Acadiana** and **Shreveport/Bossier** markets.



2026



If there is any discrepancy between the information in this brochure and the policy, the policy prevails. Premium will vary with the level of benefits chosen. For complete information, please refer to the policy.

Benefits are based on allowable charges. Allowable charge is defined as the lesser of the billed charge or the amount established or negotiated by Blue Cross and Blue Shield of Louisiana and HMO Louisiana, Inc., (hereinafter Louisiana Blue) as the maximum amount allowed for all provider services covered under the terms of the policy.

NOTICE: HEALTHCARE SERVICES MAY BE PROVIDED TO YOU AT A NETWORK HEALTHCARE FACILITY BY FACILITY-BASED PHYSICIANS WHO ARE NOT IN YOUR HEALTH PLAN. YOU MAY BE RESPONSIBLE FOR PAYMENT OF ALL OR PART OF ANY FEES FOR THOSE OUT-OF-NETWORK SERVICES, IN ADDITION TO APPLICABLE AMOUNTS DUE FOR COPAYMENTS, COINSURANCE, DEDUCTIBLES AND NON-COVERED SERVICES.

SPECIFIC INFORMATION ABOUT IN-NETWORK AND OUT-OF-NETWORK FACILITY-BASED PHYSICIANS CAN BE FOUND AT **WWW.LABLUE.COM/HBP** OR BY CALLING THE CUSTOMER SERVICE PHONE NUMBER ON YOUR MEMBER ID CARD.

Utilization Management decision-making is based only on appropriateness of care and service and existence of coverage. Practitioners or other individuals are not specifically rewarded for issuing denials of coverage. Financial incentives for Utilization Management decision-makers do not encourage decisions that result in underutilization.

Welcome to Louisiana Blue

Louisiana Blue has put Louisiana first since 1934. Our mission remains true — to improve the health and lives of Louisianians. By working with local providers, we tailor our plans and services to meet the specific needs of our members. Selecting a Louisiana-based plan offers personalized care, helps invest in the local economy and our community and with 9 Regional Offices across the state, we're accessible to you. We are proud to offer:



Competitive Premiums

With more than 90 years of trusted partnerships, we work with top healthcare systems and providers to deliver high-quality products at competitive prices.



Top-Quality Doctors

Members have access to a full range of top-quality providers, specialists and clinics who coordinate care, resulting in better health outcomes.



Excellent Benefits

We offer comprehensive in-network benefits, including all essential health benefits. While staying in-network maximizes savings, we also provide out-of-network coverage. Benefits also include many preventive services covered at 100% and prescription drug coverage for medications.



Innovative Care Programs

Members can participate in wellness and care management programs that offer health coaching, education and support for those with chronic conditions and serious illnesses. We also offer exclusive discounts through our Blue365^{®*} program to promote a healthy lifestyle.



Digital Solutions

Access your Louisiana Blue insurance faster with MyLABlue, powered by MyChart. Easily track your insurance activity, connect securely with customer service, estimate costs, check the status of your prior authorizations, search in-network providers, download your digital member ID card and much more — online, in the app or through MyChart. MyLABlue makes managing your care simple, secure and stress-free.

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Understanding Key Terms

These are the terms you need to know to help you understand your plan.

- **Premium:**

A premium is the monthly payment you must pay for your plan.

- **Copayment:**

If your plan has a copayment, or copay, you pay a set dollar amount, or flat fee, for some kinds of care, such as at your doctor's office or pharmacy. Your copayment will be a lower amount for a primary care provider and higher for specialists.

- **Deductible:**

If you choose a plan with a deductible, this is the amount you must pay up front before your insurance pays for your care. If your plan also has copayments, these copays will not count toward your deductible. Your plan will have an in-network deductible and a separate out-of-network deductible.

- **Coinsurance:**

Once you've paid your deductible, you'll pay a set percentage, or coinsurance, for your care. You will pay the lowest coinsurance amount when you stay in-network for care.

- **Out-of-Pocket Maximum:**

What you pay toward your medical and pharmacy deductibles, copayments and coinsurance applies to your out-of-pocket maximum. Once you've reached your out-of-pocket maximum, your insurance will pay 100% of the cost of covered care for the remainder of the calendar year. A separate out-of-pocket maximum will apply for services you receive out of your network.

- **Coordination of Benefits:**

Dual health coverage is becoming more common because of working couples with dual incomes, working Medicare beneficiaries and the extension of dependent coverage to children up to age 26. When this happens, Louisiana Blue has guidelines to determine which plan will pay primary and which plan will pay secondary. These rules are outlined in the "coordination of benefits" provisions in your contract, the document that explains your benefits and how they are determined.

- **Authorization:**

A determination regarding your admission, continued hospital stay or other healthcare service or supply which, based on the information provided, satisfies the medical necessity clinical review criteria requirement, appropriateness of the healthcare setting or level of care and effectiveness. An authorization is not a guarantee of payment and is not a determination about your choice of provider.

Individual Health Plans

All Louisiana Blue plans cover Essential Health Benefits including:

Essential Health Benefits*

- **Office visits:**

A visit to your doctor's office.

- **Prescription drugs:**

Drugs prescribed by a doctor to treat an acute illness, like an infection, or an ongoing condition, like high blood pressure.

- **Preventive and wellness services and chronic disease management:**

These services include routine physicals, screenings and immunizations. Chronic disease management is an integrated approach to manage an ongoing condition, like asthma or diabetes.

- **Hospitalization:**

Care you receive as a patient in a hospital.

- **Emergency services:**

Care for conditions which, if not immediately treated, could lead to serious disability or death.

- **Lab tests, blood work, X-rays:**

Testing blood, tissues, etc., from a patient to help a doctor diagnose a medical condition and monitor the effectiveness of treatment.

- **Maternity and newborn care:**

Care provided to women during pregnancy and during and after labor; care for newly born children.

- **Mental healthcare and substance use disorder services, including behavioral health treatment:**

Care to evaluate, diagnose and treat mental health and substance use disorders.

- **Pediatric dental and vision services:**

All plans include benefits for annual pediatric eye exams, glasses, dental exams, cleanings, fluoride treatment, fillings and oral surgery.

- **Rehabilitation services and devices:**

Services and devices to help people with injuries, disabilities or chronic conditions gain or recover mental and physical skills.

- **Contraceptive coverage:**

Contraceptive methods and counseling for all women, as prescribed by a healthcare provider.

**Certain limitations and exclusions apply to Essential Health Benefits.*

Getting Started With Blue Connect

Maximize Your Benefits

Select Network products are popular for their cost savings and localized, high-quality care. Blue Connect is part of our Select Network products, created and designed to save you and your family money. Blue Connect plans are more affordable than traditional PPO plans due to our partnership with select doctors and hospitals. Blue Connect plans offer the same level of care and benefits as broader network plans.

Blue Connect is a great fit if you:

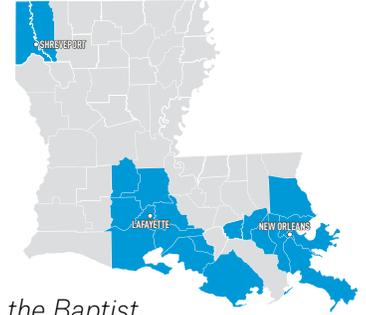
- Reside in the Blue Connect service area
- Are willing to seek care from in-network primary care providers (PCPs), specialists and local hospitals in exchange for lower premiums
- Are willing to choose a PCP to handle most of your medical needs when sick or injured and work with them to get the most value from your plan
- Are willing to check our Find Care provider directory at www.lablue.com/blue-connect before a doctor visit or hospital stay to find providers in the Blue Connect network. Blue Connect accesses the Blue Connect HMO/POS network



Blue Connect members have access to Ochsner Health Network (OHN) and other participating providers. Blue Connect members can receive care from any in-network Ochsner Health Network provider and visit any of its participating providers. Although Blue Connect is only offered in the Greater New Orleans/Northshore/Bayou, Lafayette/Acadiana and Shreveport/Bossier areas, members can also access Blue Connect network providers in other parishes.

Blue Connect Network*

Service Area, Doctors and Hospitals



Blue Connect plans are designed for members who live in:

Greater New Orleans/Northshore/Bayou Area

Jefferson, Orleans, Plaquemines, St. Bernard, St. Charles, **St. James (NEW)**, St. John the Baptist, St. Tammany, or **Terrebonne (NEW)**. Providers consist of Ochsner Health and its affiliates, including:

- Leonard J. Chabert Medical Center
- Ochsner Medical Center
- Ochsner Baptist (A Campus of Ochsner Medical Center)
- Ochsner Baptist Women’s Pavilion
- Ochsner Hospital for Orthopedics and Sports Medicine
- Ochsner Hospital for Children
- Ochsner Medical Center–Kenner
- Ochsner Medical Center–Northshore
- Ochsner Medical Center–West Bank Campus
- Ochsner St. Anne Hospital
- Slidell Memorial Hospital
- St. Bernard Parish Hospital
- St. Charles Parish Hospital
- St. Tammany Health System
- Terrebonne General Medical Center–Houma

Lafayette/Acadiana Area

Acadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, St. Mary or Vermilion. Providers consist of Ochsner Lafayette General and its affiliates, including:

- Abbeville General Hospital
- Iberia Medical Center
- Ochsner Abrom Kaplan Memorial Hospital
- Ochsner Acadia General Hospital
- Ochsner Lafayette General Medical Center
- Ochsner St. Martin Hospital
- Ochsner St. Mary
- Ochsner University Hospital & Clinics
- Oil Center Surgical Plaza
- Opelousas General Health System
- Savoy Medical Center

Shreveport/Bossier Area

Bossier or Caddo. Providers consist of CHRISTUS Shreveport-Bossier Health System and Ochsner LSU Shreveport and its affiliates, including:

- Acorn to Oaks Pediatrics
- Bossier Family Medical
- Choice Pediatrics
- CHRISTUS Bossier Emergency Hospital
- CHRISTUS Highland Medical Center
- CHRISTUS Physician Group
- Healthplex Family Clinic
- McFarland Healthcare Clinic
- Neil Halim Fairfield Family Clinic
- Ochsner LSU Health Shreveport
- Ochsner LSU Health Shreveport–Academic Medical Center
- Ochsner LSU Health Shreveport–St. Mary Medical Center
- Ochsner LSU Physician Group
- Progressive Children’s Clinic
- Shreveport Family Medicine
- Walls Medicine Clinic

*Always check the online provider directory for the most up-to-date providers in each network. Providers are subject to change.

Prescription Drug Coverage

Blue Connect plans include prescription drug coverage. Before you go to the pharmacy, see your plan’s covered drug list, or formulary, that includes thousands of generic and brand drugs at www.lablue.com/pharmacy. Not every drug is covered. Drug benefits are managed by Express Scripts.* A mail order program is also available.

Two things a covered drug list can tell you:

1. If there are other drugs you can take for your health condition that cost you less.
2. If there are any rules that you must follow before a drug may be covered.

Prescription Drug Structure

Your plan has either 2 cost tiers or 4 cost tiers for drugs. Drugs in the lower tiers cost less than drugs in the higher tiers. To save money, members must start with a drug in Tier 1.

2-Tier Pharmacy Plans <i>Coinsurance will apply once your deductible is met.</i>			4-Tier Pharmacy Plans <i>A separate drug deductible may apply, then copayments or coinsurance.</i>		
Tier 1	\$	Generic drugs	Tier 1	\$	Primarily generic drugs, although some brand-name drugs may fall into this category
Tier 2	\$\$	Brand drugs	Tier 2	\$\$	Brand drugs
			Tier 3	\$\$\$	Primarily brand drugs that may have a therapeutic alternative that is in Tier 1 or Tier 2, although some generic drugs may fall into this category. Covered compounded drugs are included in this tier
			Tier 4	\$\$\$\$	High-cost brand or generic drugs that are identified as specialty drugs

\$0 Dollar Drug Copay Program

Our \$0 Drug Copay Program offers \$0 copay for certain drugs used to treat certain chronic conditions. Members do not have to meet a deductible before getting program drugs for \$0. Drugs in this program are regularly recommended to treat asthma, chronic obstructive pulmonary disease (COPD), coronary heart disease, diabetes, heart failure, depression and other common chronic conditions. The \$0 Drug Copay Program is available for copay-based pharmacy benefits. The program is not available for coinsurance-only pharmacy benefits. Go to www.lablue.com/covereddrugs for a list of drugs in the program.

*Express Scripts is an independent company that provides pharmacy benefit management services to Blue Cross and Blue Shield of Louisiana and HMO Louisiana, Inc.

Plan Design*

Plan designs cover preventive care services at 100%. While members are strongly encouraged to stay in-network, all plans include out-of-network coverage.

METAL LEVEL	BRONZE		SILVER		SILVER	
Plan name	Blue Connect Copay (PCP) 50/50 \$7,500 Standardized (N)(L)(S)(H); HSA Eligible		Blue Connect Copay (PCP) 60/40 \$6,000 Standardized (N)(L)(S)		Blue Connect 80/60 \$3,200 With 2 \$0 PCP Virtual Visits (N)(L)(S)	
	Single	Family	Single	Family	Single	Family
In-network deductible	\$7,500	\$15,000	\$6,000	\$12,000	\$3,200	\$9,600
In-network out-of-pocket maximum	\$10,000	\$20,000	\$8,900	\$17,800	\$9,100	\$18,200
	We pay	You pay	We pay	You pay	We pay	You pay
In-network coinsurance	50%	50%	60%	40%	80%	20%
2 \$0 PCP virtual visits <i>(includes PCP, urgent care, and behavioral health visits)</i>	No		No		Yes	
In-network primary care visit	\$50 per visit		\$40 per visit		Deductible, then in-network coinsurance	
In-network specialist visit	\$100 per visit		\$80 per visit		Deductible, then in-network coinsurance	
In-network urgent care	\$75 per visit		\$60 per visit		Deductible, then in-network coinsurance	
Emergency room care	Deductible, then in-network coinsurance					
In-network hospital stay	Deductible, then in-network coinsurance					
In-network outpatient surgery	Deductible, then in-network coinsurance					
HSA eligible	Yes		No		No	
PHARMACY BENEFITS						
Drug deductible per member	No separate drug deductible; medical deductible applies					
Tier 1	\$25 copay; deductible does not apply		\$20 copay; deductible does not apply		Deductible, then 20% coinsurance	
Tier 2	\$50 copay		\$40 copay; deductible does not apply		Deductible, then 40% coinsurance	
Tier 3	\$100 copay		\$80 copay		Not applicable	
Tier 4	\$150 copay		\$125 copay		Not applicable	

*This is only a partial list of benefits and services covered. Separate in-network and out-of-network deductibles and out-of-pocket maximum will apply. Please see your contract for a complete list of covered services, benefits, limitations and exclusions, as well as how a member or ordering practitioner on behalf of a member may request a review for an override of coverage exclusions.

(N) = plan sold in New Orleans market
(L) = plan sold in Lafayette market
(S) = plan sold in Shreveport market
(H) = plan sold in Houma market

NOTE: If there is any discrepancy between the information in this brochure and the contract, the contract prevails.

Plan Design* (continued)

Plan designs cover preventive care services at 100%. While members are strongly encouraged to stay in-network, all plans include out-of-network coverage.

METAL LEVEL	SILVER <i>(Sold Off-Exchange Only)</i>		GOLD	
Plan name	Blue Connect Copay (PCP) 70/50 \$3,100 With 2 \$0 PCP Virtual Visits (N)(L)(S)		Blue Connect Copay (PCP) 75/55 \$2,000 Standardized (N)(L)(S)(H)	
	Single	Family	Single	Family
In-network deductible	\$3,100	\$9,300	\$2,000	\$4,000
In-network out-of-pocket maximum	\$9,900	\$19,800	\$8,300	\$16,600
	We pay	You pay	We pay	You pay
In-network coinsurance	70%	30%	75%	25%
2 \$0 PCP virtual visits <i>(includes PCP, urgent care, and behavioral health visits)</i>	Yes		No	
In-network primary care visit	\$25 per visit		\$30 per visit	
In-network specialist visit	\$65 per visit		\$60 per visit	
In-network urgent care	\$65 per visit		\$45 per visit	
Emergency room care	Deductible, then in-network coinsurance			
In-network hospital stay	Deductible, then in-network coinsurance			
In-network outpatient surgery	Deductible, then in-network coinsurance			
HSA eligible	No		No	
PHARMACY BENEFITS				
Drug deductible per member	No separate drug deductible; medical deductible applies			
Tier 1	Deductible, then 30% coinsurance		\$15 copay; deductible does not apply	
Tier 2	Deductible, then 50% coinsurance		\$30 copay; deductible does not apply	
Tier 3	Not applicable		\$60 copay; deductible does not apply	
Tier 4	Not applicable		\$100 copay; deductible does not apply	

*This is only a partial list of benefits and services covered. Separate in-network and out-of-network deductibles and out-of-pocket maximum will apply. Please see your contract for a complete list of covered services, benefits, limitations and exclusions, as well as how a member or ordering practitioner on behalf of a member may request a review for an override of coverage exclusions.

(N) = plan sold in New Orleans market
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NOTE: If there is any discrepancy between the information in this brochure and the contract, the contract prevails.

Blue Connect Value-Added Services

With Blue Connect, members have access to:

Ochsner Digital Medicine

With Ochsner Digital Medicine,* members can take control of their high blood pressure and/or type 2 diabetes from home without extra visits to the doctor’s office. This program is available at **no cost to you**.



How does Digital Medicine support you?

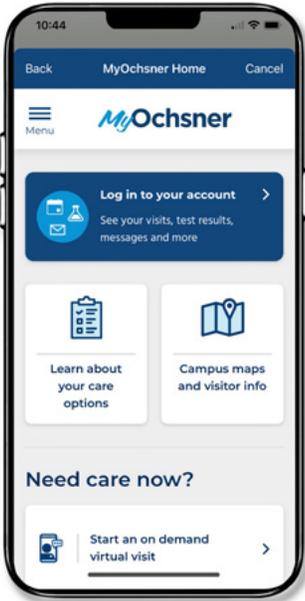
- Take readings with a blood pressure cuff and/or glucometer using your smartphone or tablet.
- Get treatment from a team that monitors your readings and makes sure you’re on the right medications.
- Create healthy habits with advice and lifestyle support from expert health coaching.
- Enjoy a digital app to track your progress and access helpful resources.

4 out of 5 participants reach their blood pressure and A1C goals in six months. To learn more about this program or to get started, visit **ochsner.org/BCBS-Join**. Blue Connect members can also take advantage of Louisiana Blue’s care management services to improve their health outcomes.

**The Digital Medicine program is managed by Ochsner Health. Program details including eligibility and clinical criteria are subject to change.*

Dedicated Concierge Team

Blue Connect members can contact Ochsner’s Dedicated Concierge Team for help with finding in-network physicians, selecting a PCP or specialist, scheduling appointments and setting up a MyOchsner account. Call 1-855-723-8152 or email **connected@ochsner.org**, Monday–Friday, 8 a.m. to 4:30 p.m.



Virtual Visits With Ochsner’s Virtual OnDemand

Save Time and Money With Online Visits!

Ochsner’s Virtual OnDemand urgent care service lets Blue Connect members have private, secure video visits with a healthcare provider from the convenience of your home. All you need is a smartphone, tablet or computer with camera and internet capability to get started.

For urgent care conditions like colds, fever and rashes, you can see a provider 24/7 with no appointment needed. Several providers, including Ochsner providers, are available for urgent care visits via the “MyOchsner” app.

Simply download the “MyOchsner” app on your Apple or Android device and select “Start an urgent care virtual visit” upon logging in.



Visit **ochsner.org/my-ochsner** to learn more.

Key Insights Before You Seek Care

To receive the highest level of benefits, it’s important to stay in your network. Always check the Find Care online provider directory at findcare.lablue.com or visit www.lablue.com/blue-connect for the most up-to-date providers in your network. Providers are subject to change.

Before you get care, consider your options and costs:



Primary Care Provider (PCP) or Specialist	Urgent Care	Emergency Room (ER)
\$	\$\$	\$\$\$\$
Provides ongoing care for non-emergent health issues. Focuses on preventive care and managing chronic conditions.	Provides care for minor illnesses or injuries that need to be looked at quickly but are not life-threatening. Most urgent care centers have night and weekend hours. They often do X-rays, lab work or stitches.	Provides care for life-threatening illnesses and injuries. Call 911 or go to the nearest emergency room. Emergency care is covered anywhere. However, authorization for an emergency inpatient admission must be requested within 48 hours of hospital admission.

Planned Stays in the Hospital

- **In-Network Hospital:** As long as you’re staying at an in-network hospital and your doctor receives an authorization from us before your stay, you will get in-network benefits.
- **Out-of-Network Hospital:** If the hospital is outside of your network, you will need prior authorization to determine whether your stay is medically necessary. You will pay higher out-of-network costs. You may also be balance billed.

Lab Services

Out-of-network lab tests may have higher costs and even billed charges. Pay less by going to an in-network laboratory.

Prior Authorization

We may require prior authorizations (PA) to determine the medical necessity for inpatient and outpatient services or for supplies. Find a list of the services and supplies that require a PA on your schedule of benefits. In-network providers will process a required PA for you.

Essential Programs, Tools and Resources*

Find Care

Search your network to find a provider for the care you need. When you see a provider in your plan's network, you save money and get the most out of your benefits. You can search common medical procedures to see cost estimates based on your benefits. You can also get drug cost information based on your pharmacy benefits.

Log into your member account at www.lablue.com or visit findcare.lablue.com to use the Find Care Provider Directory and Cost Estimator Tools.

Selecting a Primary Care Provider

Members must choose a PCP. If you do not choose a PCP, one will be chosen for you. Members can change their PCP at any time by logging into their account at my.lablue.com or by calling the Customer Service number on the back of their member ID card.

Care Management

If you have diabetes, heart disease, traumatic injuries, serious illnesses or other chronic conditions, our care management programs help guide you through the healthcare system and get the services you need in a timely manner. Members do not pay anything to work with a health coach. Visit www.lablue.com/managingcare to learn more.

Preventive and Wellness

Visit www.lablue.com/preventive for a full list of preventive and wellness services covered at 100% when you go to an in-network provider.

**This is not an inclusive list, and options may vary based on the plan(s) you have.*

Quality Blue Program

Quality Blue works with general practice, family practice, internal medicine, pediatric medicine and geriatrics providers to improve health outcomes and provide affordable access to quality care. If you are seeing a Quality Blue provider, you are already part of the program. We securely share members' health information to Quality Blue providers to help them understand their medical history and any updates since the last visit, ensuring they receive the care they need. Visit www.lablue.com/QualityBlue to learn more about how this program can help you.

Members can look up a provider's name on our Find Care provider directory at www.lablue.com/blue-connect. Quality Blue providers have an indicator as shown below:

QUALITY BLUE PROVIDER

If you have questions about how Louisiana Blue may share your claims information with your provider's office, please call the Louisiana Blue Information Governance Office at (225) 298-1751.



Essential Programs, Tools and Resources*

Blue365®: Healthy Discounts and Deals

Blue365®** offers discounts on health and wellness resources 365 days a year. Register for a free online account at **www.**

blue365deals.com/lablue to access these exclusive discounts.

FREE Identity Protection Services

We offer free identity protection services to all eligible members in partnership with Experian. It includes fraud alerts with credit monitoring and identity repair and restoration services if you are the victim of identity theft. The identity protection applies to all parts of life, not just healthcare. Learn more at **www.lablue.com/idprotection**.

Language Access Services

You can request this brochure in a language other than English. Check the bottom of any page at **www.lablue.com** and click the language of your choice for this and other services or call the Customer Service number on your member ID card. If you are hearing impaired, call 1-800-711-5519 (TTY 711).

Digital Solutions

MyLABlue, Louisiana Blue's enhanced digital platform powered by MyChart, simplifies the way you manage health insurance.

With MyLABlue, you can:

- Send secure messages to customer service
- Check prior authorizations
- Give family members or caregivers instant access to your information
- Get an up-front personal estimate of medical care costs
- And still do the essentials — view your claims, benefits and in-network providers, and download your digital member ID card.

Already using MyChart? After you activate your account, you can add MyLABlue to your MyChart app and access your health insurance information in one place!

BlueCard® Program

BlueCard® is a national program that allows you to receive healthcare services while traveling or living in another Blue Plan's service area. The program links participating healthcare providers with independent Blue Plans across the country and in nearly 200 countries and territories worldwide through a single electronic network. With Blue Connect plans, unless it is emergency care, care obtained outside your Louisiana HMO network will be paid at the out-of-network benefit level. For more information visit **www.lablue.com/find-a-doctor/blue-card-program**.

*This is not an inclusive list, and options may vary based on the plan(s) you have.

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Trust Louisiana Blue With More Than Medical Benefits

Louisiana Blue offers an array of ancillary products, including dental plans that enhance overall health and reduce medical costs. Regular dental exams can detect many health conditions such as cavities, tooth loss, bad breath, costly dental procedures, gum disease (linked to heart disease, diabetes, respiratory issues) and oral cancer.

Additionally, Louisiana Blue offers international health plans through Blue Cross Blue Shield Global SolutionsSM (BCBS Global SolutionsSM),* ensuring you have coverage when traveling outside the United States.

Visit www.lablue.com/shop-plans for more information and consult your agent for details.

*Blue Cross Blue Shield Global Solutions is the trade name of Worldwide Insurance Services, LLC (Blue Cross Blue Shield Global Solutions Insurance Services in California and BCBS Global Solutions Insurance Services in New York), an independent licensee of the Blue Cross and Blue Shield Association. Blue Cross Blue Shield Global Solutions is a Brand owned by the Blue Cross and Blue Shield Association. Blue Cross Blue Shield Global Solutions is the administrator of coverage provided under insurance policies issued in the District of Columbia by 4 Ever Life International Limited, Bermuda, an independent licensee of the Blue Cross and Blue Shield Association. This coverage is offered to the members of the Global Citizens Association, Washington, D.C.

We're Here to Help!

With Louisiana Blue, you'll have the guidance and support you need.



Your Agent

Get personal assistance from your agent, who can answer your questions, help you choose the plan that's right for you and guide you through the enrollment process — **at no cost to you!** Don't have an agent? Call 1-800-821-2758 and we can connect you with someone to help.



Online

Your online account lets you manage your account, pay bills, order member ID cards, review your benefits and see claims status. It also gives you exclusive access to wellness tools and discounts. Go to my.lablue.com today to register for your account. For answers to your questions online, visit www.lablue.com/contactus to submit a secure online inquiry form.



By Phone

Help is just a phone call away. Call Customer Service toll-free at 1-800-495-2583 from 8 a.m. to 5 p.m. CST, Monday through Friday.

If you have questions about how Louisiana Blue will protect and may use or disclose your confidential/protected health information and individually identifiable health information, please visit www.lablue.com/privacy.



Customer Service

1-800-392-4087
help@lablue.com

NEW ORLEANS

(504) 832-5800

3235 North Causeway Blvd.
Metairie, LA 70002

OR

Orleans Tower
1340 Poydras St., Suite 100
New Orleans, LA 70112

LAFAYETTE

(337) 231-0005

5501 Johnston St.
Lafayette, LA 70503

SHREVEPORT

(318) 795-4911

411 Ashley Ridge Blvd.
Shreveport, LA 71106

HOUMA

(985) 853-5965

1437 St. Charles St., Suite 135
Houma, LA 70360

www.lablue.com