

# Assistance

Program

*Your partner in health*



**A** unique program of services and benefits for your well-being! Developed especially for Blue Cross® members, the Assistance Program offers you an array of services and benefits. From now on, you can have quick access to a variety of consulting services, assistance in your home and exclusive offers to help you take control of your health. **The Assistance Program – Your partner in health.**



## Consulting Services

### Health Information

When it comes to services, our team offers special expertise and informed advice to guide and reassure you with:

- A registered nurse is available by telephone with health advice
- References for accessing a variety of family health resources
- Help making an appointment with a specialist or for a medical exam
- Support in planning home care

These services are offered Monday to Friday, 8:30 a.m. to 5 p.m.

### Legal Information

Unlimited free telephone consultations with a lawyer regarding:

- Labour law
- Civil, family and marital law
- Corporate and commercial law
- Mediation and litigation
- Tenant rights

If need be, 1/2 hour free in office consultation with a lawyer.

Service available Monday to Friday, 9 a.m. to 5 p.m.

## Support and Services

Just what the doctor ordered after hospitalization of 2 days or more or following childbirth.

### Hospitalization

To help get you back on your feet, take advantage of:

- A housekeeper to take care of light housework for a 30-day period (maximum 15 hours)
- Medication home delivery service (up to 30 days after your return home)
- Health monitoring system (bracelet with an emergency device) for a 3-month period after your return home
- Transportation of a parent or friend to visit you (up to \$250 per hospitalization)
- Tutoring for your child if he or she misses more than two weeks of school (elementary and high school – maximum 90 hours)

### Birth

The birth of a child is one of the best times of your life... and the most exhausting

After giving birth, benefit from the support of a registered nurse and other services (maximum of 8 hours per day, during 3 days):

- Nursing care depending on your condition
- Help in regaining your strength
- Professional advice to guide you in your new role as parents
- Homecare assistance

No limit regarding number of hospitalizations

## Information and Prevention

We believe strongly in health prevention.

To ensure you're well informed about health issues and medical conditions, we offer you access to various educational tools, including:

- Useful resources in your area to help you take your health in hand.
- The *Health Bulletin*, a seasonal newsletter for our members only

## Member Discounts



Blue Advantage is a value-added program that offers savings to Blue Cross members on:

- Medical Care
- Vision Care &
- Other products and services

From participating providers across Canada.

**See all details on [www.blueadvantage.ca](http://www.blueadvantage.ca)**

# Blue Cross®: a tradition of trust

*For over 65 years, millions of Canadians have trusted Blue Cross for their families' health needs. The Assistance Program helps ensure you enjoy life to its fullest.*

## Assistance Program

[www.useblue.com](http://www.useblue.com)



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