Achieve Well-being

Your journey to health and wellness starts here!

Independence ✛ | Benefit & Pension Funds
for Hospital & Health Care Employees
Philadelphia and Vicinity

Complete your Health Risk Assessment

Achieve your health and well-being goals in a way that is simple, easy, and fun with personalized well-being tools from Independence Blue Cross.

To get started, complete your Health Risk Assessment online! Here's how:

1. Register or log in at ibx.com.
2. Select *Complete my Well-being Profile* from the Health & Well-being menu at the top.
3. Answer all questions from each assessment to complete your Well-being Profile and earn your first badge.
4. Develop an action plan and choose programs and challenges that align with your goals.

Schedule a Biometrics Screening

There are two ways to get your Biometrics Screening:

- Visit any LabCorp location. Find a LabCorp near you at labcorp.com/labs-and-appointments.
- Join us at the 1199C Fund Office at 1319 Locust Street on September 24, 2021 or October 25, 2021. Schedule your onsite appointment at pickatime.com/District1199C.

Choose your PCP

Your PCP, or primary care physician, is the doctor who will treat your health concerns, provide preventive care, and refer you to specialists when needed. Use our Find a Doctor tool at ibx.com to search by specialty, location, distance, and more.

Select or change your PCP online or by phone

Online:

1. Register or log in at ibx.com.
2. Select *Choose a Primary Care Physician* from the My Care menu at the top.
3. Click on the button under Primary Care Physician and use the search tool to choose a PCP.
4. Apply additional filters as needed to improve your search.

Phone:

Call **800-ASK-BLUE (TTY: 711)** and a Customer Service representative can help you select a PCP.

Questions?

Call Benefit Fund member services at **215-735-5720** or toll-free at **800-531-1199.**