

**2026 Blue Cross and Blue Shield Service Benefit Plan - Standard and Basic Option  
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If you sign the **alternative benefits agreement**, we will provide the agreed-upon alternative benefits for the stated time period, unless we are misled by the information given to us or circumstances change. Benefits as stated in this brochure will apply to all services and dates of care not included in the alternative benefits agreement. You or your provider may request an extension of the time period initially approved for alternative benefits, no later than five business days prior to the end of the alternative benefits agreement. We will review the request, including the services proposed as an alternative and the cost of those services, but benefits as stated in this brochure will apply if we do not approve your request.

Note: If we deny a request for precertification or prior approval of regular contract benefits, as stated in this brochure, or if we deny regular contract benefits for services you have already received, you may dispute our denial of regular contract benefits under the OPM disputed claims process (see Section 8).

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**Telehealth Services**

Go to [www.fepblue.org/telehealth](http://www.fepblue.org/telehealth) or call 855-636-1579, TTY: 711, toll free to access on-demand, affordable, high-quality care for adults and children experiencing non-emergency medical issues, including treatment of minor acute conditions, dermatology care, counseling for behavioral health and substance use disorder, and nutritional counseling.

Note: This benefit is available only through the contracted telehealth provider network.

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**The fepblue Mobile Application**

Blue Cross and Blue Shield's fepblue mobile application is available for download for both iOS and Android mobile phones. The application provides members with 24/7 access to helpful features, tools and information related to Blue Cross and Blue Shield Service Benefit Plan benefits. Members can log in with their MyBlue® username and password to access personal healthcare information such as benefits, out-of-pocket costs, deductibles (if applicable) and physician visit limits. They can also view claims and approval status, view/share Explanations of Benefits (EOBs), view/share member ID cards, locate in-network providers, and connect with our telehealth services.

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**Weight Loss Management Program**

The Weight Management Program is designed to assist members in managing their weight. This program positively influences members' cardiometabolic health, including diet, activity, sleep, and stress management. All members and dependents aged 13 and older with a qualifying BMI are eligible for participation. Participants will receive a complimentary cellular-enabled weight scale, which will be delivered directly to them. Upon receipt, members should activate the scale by completing their first weigh-in and synchronizing it with their smart device.

The program includes personalized health coaching, provider access, medication management, and on-demand support. Additionally, members have unlimited access to goal setting, action planning, and a dashboard for daily progress tracking via the mobile app. Member support is available 24/7/365. For further details, please visit [www.fepblue.org/manage-your-health/managing-specific-conditions/weight](http://www.fepblue.org/manage-your-health/managing-specific-conditions/weight).