



Sign up today!

**Step 1**

Go to our website at [pac.bluecross.ca](http://pac.bluecross.ca).  
Click on *Plan Member* and *Register for Access*.

**Step 2**

Enter your Policy and ID numbers from your Pacific Blue Cross ID card. Follow the steps to register.

**Step 3 (optional)**

Once registered, choose to grant your covered dependents access to CARESnet and My Good Health.

CARESnet®



**Phone**

604 419-2000

**Toll-free**

1 877 PAC-BLUE

**Mailing Address**

PO Box 7000  
Vancouver, BC V6B 4E1

**Street Address**

4250 Canada Way  
Burnaby, BC

[pac.bluecross.ca](http://pac.bluecross.ca)

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Save  
time.  
Claim  
online.



## Secure, 24/7 access to your benefit plan

- Check your plan coverage and limits
- Send your ID card to your mobile device
- Look up drugs to see if they are covered
- View your claim statements
- Register for direct deposit
- Save service provider addresses
- View your dependent coverage
- Access My Good Health
- Submit claims with the CARESnet Mobile app

## Submit online claims for faster payments

Know instantly if your claim is approved.

CARESnet accepts claims for:

- Prescription drugs
- Physiotherapy
- Massage therapy
- Acupuncture
- Chiropractic services
- Naturopathy
- Psychology
- Podiatry
- Vision care expenses
- Orthodontic treatments

## My Good Health<sup>®</sup>

As a Pacific Blue Cross plan member, you get exclusive access to My Good Health. This accredited, Canadian health and wellness website is packed with interactive content to help you research and take control of your physical and mental health.

## Explore...

- Disease symptoms
- Drugs and alternative medicines
- Your risks for inherited, chronic and acute conditions
- Nutrition content of foods you eat
- Local support groups and associations

Manage your benefits on the go with the CARESnet Mobile app!



Available on the App Store

ANDROID APP ON Google play

