

USEFUL BENEFIT APPS

Ben-IQ

Ben-IQ is a free app to put on your mobile phone that lets you see all your Benefits Information. You are also able to take a photo of your insurance cards, so you have them handy at all times (never misplace your cards again).

Get started by searching your App Store for “**Ben-IQ**”. Just download the app, enter Employer Key (XRANM), look around, and add your insurance cards. Now all your information is in one place.



Employee Self-Service Portal (ESS)

You can access the ESS from your home computer or mobile phone. Enter the web address in your browser on your home computer or mobile phone and then log in.

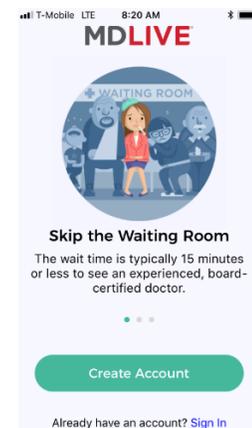
Home and Phone: <https://time.xraynm.com/ess/>

MD Live

MD Live lets you see a Doctor at the comfort of your home, while skipping the wait at an Emergency Room or Urgent Care. Set your own time to see the Doctor by requesting an appointment as soon as available, or set the time when you are available to see the Doctor. MD Live is easy to use, you can use your home computer (with video capabilities) or your mobile phone.

Get started by using your home computer and enter in your browser “MDLIVE.com/BCBS”.

Get started by searching your App Store for “**MDLive**” and choose **MDLIVE: Talk to a Doctor 24/7** and just download the app.



Blue Cross Blue Shield of New Mexico

BCBS of NM can be accessed from your computer or mobile phone. BCBSNM has many resources that employees can use to help with their health; find a Doctor, join a gym, find a claim, request replacement cards, and many other things that can make managing their health easier.

Get started by using your home computer enter in your browser “BCBSMM.com”.

Get started by searching your App Store for “**BCBSNM**” and just download the app.

