



## Blue Cross Connect

March 2026

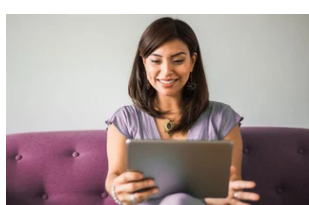


This month, we're celebrating **International Women's Day** by highlighting comprehensive wellness support for every life stage.

Plus:

- **Personalized medication** insights through genetic testing
- How to access your **annual premium statement** for tax preparation
- Plan **travel coverage** before your March break getaway

### Celebrating Women's Wellness



In honour of International Women's Day, get personalized women's health support through sanoMidLife via [Connected Care](#).

sanoMidLife via **Connected Care** offers:

- Complementary midlife health Assessment
- Virtual consultations with a women's health clinician (Nurse Practitioner)
- Dedicated health coaching for ongoing support

If your plan includes Health Coaching and Chronic Disease Management under your Health Benefits, sanoLiving is covered under that benefit.

[Explore now](#)

### Living Well Hub: Pharmacogenetic Testing



Personalized testing helps your healthcare provider choose the right medications and dosages based on your genetic makeup.

**Key benefits:**

- Reduce trial-and-error with medications
- Minimize adverse drug reactions
- Optimize treatment effectiveness

[Read the full article](#)

### Accessing premium statements



**Preparing your tax return?** Your annual premium statement is available on the Medavie Blue Cross [Member Services Site](#) or the [Blue Cross Mobile app](#) under the "My Account" section.

**Not enrolled?** [Register here](#) or through the Blue Cross Mobile app.

**Questions about your coverage?** [Send them to an expert.](#)

### Secure your travels with comprehensive coverage



Enjoy 24/7 support and comprehensive coverage for everything from weekend getaways to international adventures.

Even travel within Canada may not be fully covered by your provincial health plan.

[Learn more](#)

*As a proud member of the Canadian Association of Blue Cross Plans, we're passionate about supporting the wellbeing of Canadians. Every day, we help connect people with care through benefit plans that are tailored to individual health and wellness needs.*

Access your benefits on the go with the Blue Cross Mobile app:



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