
BCBS/NESC Insurance and Health Programs



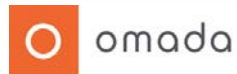
Member Customer Service
1-866-537-7702

<https://www.bluecrossmn.com/healthy/public/personal/home/customlanding/mnservcoop>

vitals
smartshopper

Health Care Cost Incentive Program
Personal Assistants 1-866-285-7452

<https://BCBSMN.VitalsSmartShopper.com>



**Digital Lifestyle Change Program focusing on
Pre-Diabetes & Pre-Heart Disease Prevention**

<https://go.omadahealth.com/mhc>

(If the link doesn't work, type omadahealth.com/mhc in your browser)



**New member wellbeing solution. Offering a
Fitness Incentive Program for BCBS Members.**
**Register through BCBS Member Portal – see above
BCBS Link.**

<https://www.bluecrossmn.com/sharecare>



**Online mental health program available 24/7
for ages 13 and over. Access code: MHC**

<https://www.learntolive.com/partners>



**Online Doctors – Telemedicine. Also
includes – Psychologists & Psychiatrists.**

<https://www.doctorondemand.com/bcbsm>



**Discounts on fitness gear, gym memberships,
healthy eating options & more.**

<https://www.blue365deals.com>



**Health Care Spending & Saving
HSA/VEBA/FSA**

Further Member Online Service Center
<https://hellofurther.com/>

Further Member Customer Service
(800) 859-2144



**Learn to Live – online mental health program.
Available to members upon renewal in 2019.**

Learn to Live provides online programs, tools and resources for employees and their family members (age 13+) struggling with stress, depression, insomnia or social anxiety. Members can access the programs confidentially, anytime, anywhere and at zero out of pocket cost. Personal information will never be shared with employers or anyone at MHC or Blue Cross. Learn to Live offers a comprehensive online assessment to determine where stress, anxiety, and discouragement could be impacting members.



**Omada – Diabetes and Heart Disease Prevention program.
Available to members upon renewal in 2019.**

Omada is a program designed to detect and decrease the incidence of future diabetic cases through an intensive screening and plans individualized to each person's need. Interested members can determine eligibility online, and if eligible (determined by risk factors for diabetes or heart disease) members are provided a scale, online and telephonic coaching, and group support around weight loss and behavior change.



**Vitals, SmartShopper – transparency with a reward.
Available to members upon renewal in 2019.**

Costs for medical care vary widely from one facility to the next, regardless of quality. Vitals SmartShopper, is a new program designed to provide incentives to members who shop for healthcare. This program promotes actual behavior change by members and incents them to shop for lower cost of care services. Members can shop online or over the phone. Incentives are in the form of checks paid out directly to the member and coordinated by Vitals. Incentives are taxable; reporting will be provided to employers.



**Sharecare – member wellbeing solution.
Available to members upon renewal in 2019.**

Blue Cross Blue Shield of Minnesota is collaborating with a new partner, Sharecare, to bring a new health and wellbeing solution to members as part of their core health plan services. This platform is a highly personalized approach to accessing health and wellbeing information on their smartphone or desktop which is revolutionizing the industry by making it easier to make healthy choices. Sharecare is a digital health and engagement company that helps people manage and optimize their health in one place. The platform provides a health assessment, comprehensive and personalized health profile along with evidence-based programs, award-winning and innovative technologies, scientifically validated clinical protocols and best-in-class coaching tools. Sharecare will be available to all members beginning on 1/1/2019.

Fitness Discount Program – expanding beyond gym memberships

Blue Cross and Blue Shield of Minnesota is discontinuing the current Fitness Discount program on renewal, and replacing it with a Fitness Incentive Program through the new Sharecare solution. An ACA compliant reasonable alternative is available for those that have a medical condition preventing them from being able to complete the physical activity requirement. The program will require daily activity tracking of 10,000 steps or equivalent physical activity, 21 of 30 days, rewarded with a Target or target.com gift card. This incentive is also taxable; reporting will be provided to employers.