
BCBS/NESC Insurance and Health Programs



Member Customer Service
1-866-537-7702

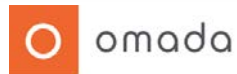
<https://www.bluecrossmn.com/healthy/public/personal/home/customlanding/mnservcoop>



Health Care Cost Incentive Program

Personal Assistants 1-866-285-7452

<https://BCBSMN.SmartShopper.com>



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

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

(If clicking on the above link doesn't work either copy and paste it or type omadahealth.com/mhc in your browser)



New member wellbeing solution. Offering a Fitness Incentive Program for BCBS Members.

<https://bluecrossmn.sharecare.com>



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/bcbsmn>



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

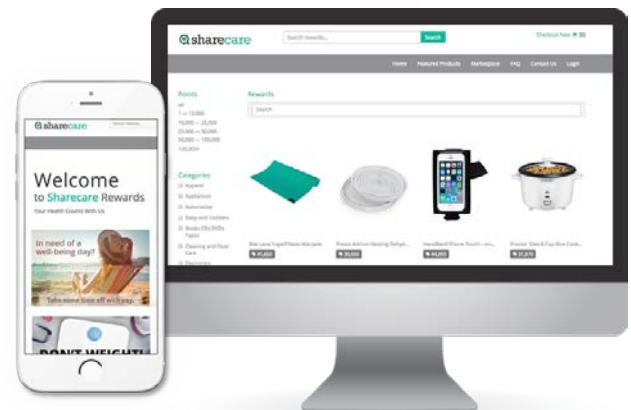
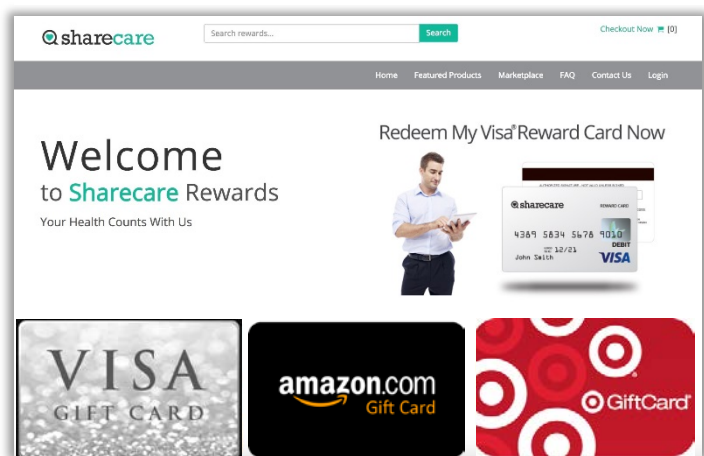
<https://www.blue365deals.com>



Sharecare is a digital health solution that helps people manage all their health in one place. Best of all, the Sharecare app is tested and proven to drive sustained engagement and improve outcomes.

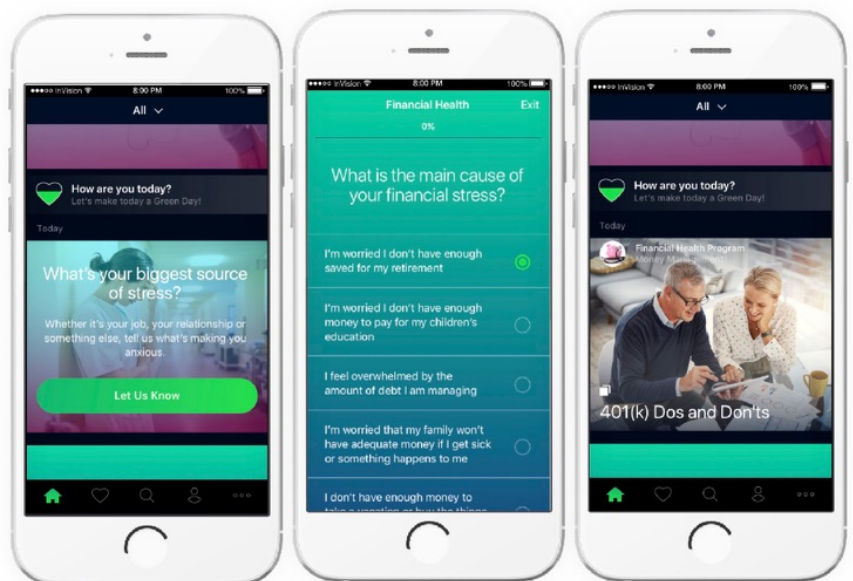
By tapping into the world's largest collective health IQ, members receive personalized insights, information, daily tracking, innovative programs, and one-of-a-kind tools to live their healthiest lives. All in a totally secure, easy-to-use environment.

NEW in 2020!! FITNESS INCENTIVE REWARD Choose a gift card from 100+ top retail stores and restaurants as one of several options within the Sharecare marketplace.



Financial Health

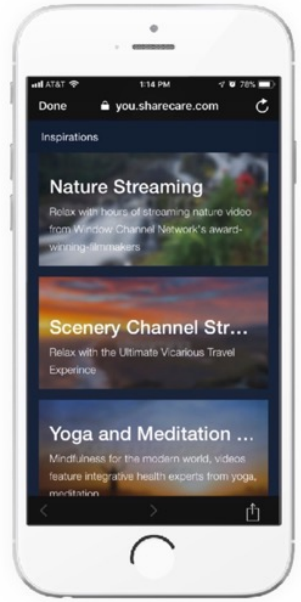
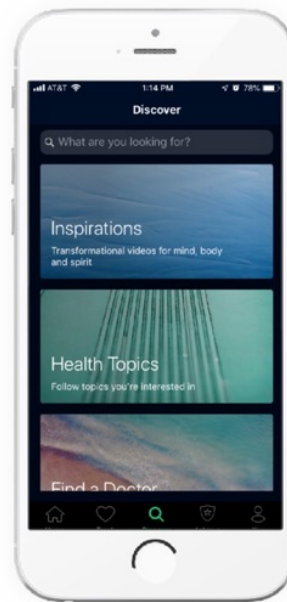
- Identifies financial stress effecting your health by indicators in RealAge test, and stress tracker
- Pushes assessment to user to identify cause of stress and critical indicators
- Content: Content aligned with every level of personalization to drive health literacy, engagement, motivation, and action
- Partnership with financial experts - Swiss Re



<https://bluecrossmn.sharecare.com>

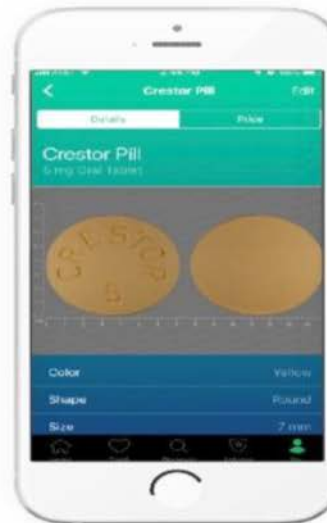
Mindfulness - Relax 360 & Inspirations Channel

- To reduce stress and improve relaxation
- Includes high-quality video content for stress reduction, ambient white noise for sleep, and relaxation.
- Functionality to airplay using Apple TV
- Inspirations channel in Discover section
- Available to Consumer then Enterprise



Medication Information

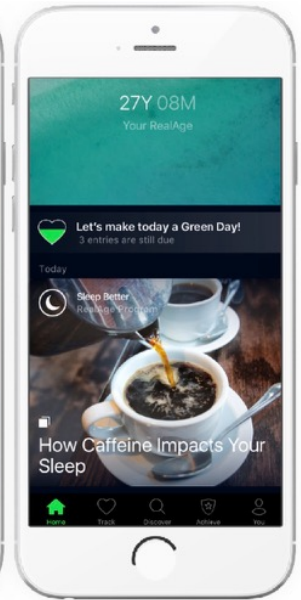
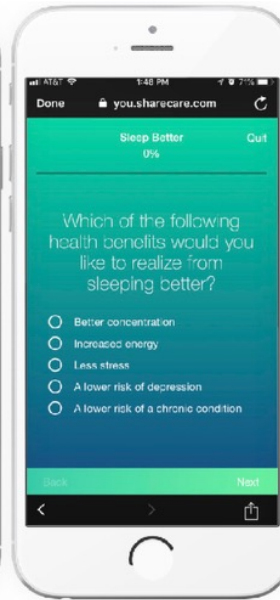
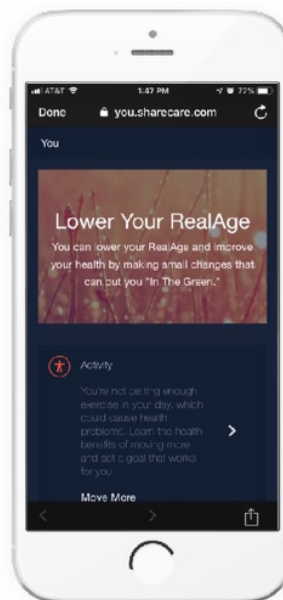
- Ability to reference important clinical information for medications saved in the health profile.
- The content is provided by the Elsevier Gold Standard Drug Database, the most current and accurate drug data and clinical decision support information.
- Following are now available:
 - Description
 - Contraindications
 - Administration
 - Missed Dose
 - Interactions
 - Monitoring
 - Side Effects
 - Storage



- Available to Consumer and Enterprise

RealAge Program

- Program based on RealAge test responses focused on four key lifestyle risks - sleep, stress, diet and activity
- Personalized goal set by member, recommended by Sharecare, can be transitional or normative, track progress, history, and weekly action step plan
- Weekly Engagement: Weekly reminders reinforce program goals, and dynamically responds to member engagement and progress to goal attainment
- Content: Content aligned with every level of personalization to drive health literacy, engagement, motivation, and action
- Available to Consumer and Enterprise



<https://bluecrossmn.sharecare.com>





omada

Digital Lifestyle Change Program focusing on preventing diabetes and heart disease.

Set and reach your health goals with the Omada® program.

Research shows that small, positive changes in 4 areas of your life—food, activity, sleep, and stress—can have a direct impact on your weight and health.

- **EAT HEALTHIER**

Omada will help you enjoy every meal, no deprivation required.

- **MOVE MORE**

You'd be surprised how far a little walking can take you.

- **SLEEP BETTER**

Being able to sleep well is like having a super power: It changes everything.

- **MANAGE STRESS**

Learn to navigate tough times like a pro with strategies that truly work.

Get more out of your health program.

YOU'LL GET YOUR OWN:



Interactive program



Wireless smart scale



Weekly online lessons



Professional health coach



Small group of participants

Omada is a digital lifestyle change program that inspires healthy habits that last. MHC offers Omada to employees and their adult family members who are enrolled in our Blue Cross® and Blue Shield® of Minnesota health plan.

New program offering starting January 2020

Omada Type 2 for Diabetes

We leverage our deep expertise in behavior change and add additional components designed to improve blood glucose control and address critical gaps in diabetes care.

SPECIALIZED PROGRAM GOALS

Omada surrounds participants with the tools and support they need to develop sustainable self-management behaviors designed to:

- ✓ Improve blood glucose control
- ✓ Avoid dangerous blood glucose values
- ✓ Encourage lifestyle change to lose weight
- ✓ Support adherence to diabetes and lipid medications
- ✓ Promote regular check-ups

All of these components develop health behaviors that are known to reduce diabetes-related complications, improve overall health and quality of life, and reduce healthcare spend.



**Minnesota
Healthcare
Consortium**
Participating Minnesota Service Cooperatives



Northeast Service Cooperative
Collaborating to meet your changing needs

Feeling stressed, sleepless, anxious or discouraged? *We're here to help.*



You're not alone

One in 2 people will experience a mental health issue during their lifetime—and we want to be a resource for you during those difficult times.

The **Minnesota Healthcare Consortium** has invested in your mental and emotional well-being by offering online support from Learn to Live at no cost to you.

How we can help

Based on over 10 years of clinical studies, Learn to Live offers online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy.

Our programs for Stress, Anxiety & Worry, Depression, Insomnia and Social Anxiety offer effective tools to help you understand how your mind works and change your behavior patterns—to help you live your best life.



Learn to Live benefits:

- ✓ Immediate 24/7 access to self-paced programs
- ✓ Ability to start, stop and save your progress
- ✓ No cost to you (or your family)
- ✓ As effective as in-person therapy
- ✓ Coaching available (phone, email, text)

Private & Confidential

Our member information is completely confidential, HIPAA compliant and will never be shared with the **Minnesota Healthcare Consortium** and **Minnesota Service Cooperatives**.

MHC health plan members can continue with the program or take an assessment at learntolive.com/partners and entering the code MHC to access.

ONLINE CARE

do.®

SICK? FEEL BETTER QUICK.

All you need is a smartphone, tablet or computer to get real-time care, fast, for many common conditions from board-certified physicians and licensed psychologists and psychiatrists.

Get started with Doctor On Demand® today at
doctorondemand.com/bluecrossmn.

do.® more for your health

Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Cross) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or gender. Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al 1-855-903-2583. Para TTY, llame al 711. Yog tias koj hais lus Hmoob, muaj kev pab txhais lus pub dawb rau koj. Hu rau 1-800-793-6931. Rau TTY, hu rau 711. Haddii aad ku hadasho Soomaali, adigu waxaad heli kartaa caawimo luqad lacag la'aan ah. Wac 1-866-251-6736. Markay tahay dad maqalku ku adag yahay (TTY), wac 711.

Doctor On Demand® is an independent company providing telehealth services.
do.® is a registered trademark of Blue Cross® and Blue Shield® of Minnesota.



HOW MUCH IT COSTS*

- **Medical:**
\$48 or less
- **Psychology:**
\$60 (25-minute visit); \$115 (50-minute visit)
- **Psychiatry:**
\$242 first time; \$104 follow-up

*Depending on your health plan, all or some of the cost may be covered.



Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.



Blue365® Deals

Now your employees can stay healthy and save money with Blue Cross Blue Shield.

www.blue365deals.com/bcbasmn

Make Blue Cross Blue Shield Minnesota your Source for Healthy Deals.

We know a healthy, productive workforce is your priority. We also know your employees lead busy lives and may find it difficult to maintain a healthy lifestyle. Blue365Deals.com from Blue Cross Blue Shield offers healthy choices at great prices – saving time and money.

As a member of Blue Cross Blue Shield Minnesota's Blue365, your employees receive weekly deals from leading national brands, on a wide network of gyms, fitness gear, healthy eating options, personal care and more.

If your employees, like most of us, find it expensive to work out, make better food choices, or just take time to relieve stress, Blue365 is there to help. We'll help you get access to over 10,000 gyms nationwide for only \$29/month, enjoy discounts with Jenny Craig, or enroll in meditation with eMindful – just to name a few.



To find out more about how you can bring healthy savings to your employees through Blue365, contact:

blue365deals.com/bcbasmn



Blue365

Because health is a big dealSM

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To find out what is covered under your policies, contact your local Blue Company. The products and services described on the Site are neither offered nor guaranteed under your Blue Company's contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding your health insurance products and services may be subject to your Blue Company's grievance process. BCBSA may receive payments from vendors providing products and services on or accessible through the Site. Neither BCBSA nor any Blue Company recommends, endorses, warrants, or guarantees any specific vendor, product or service available under or through the Blue365 Program or Site.

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Welcome to SmartShopper!

It's exciting! We're up and running with a great new program that saves money and helps you earn a cash reward when you have a routine medical procedure.

Get the most from SmartShopper. Call a Personal Assistant to help you:

- Find a quality, convenient location for your procedure
- Schedule the procedure at the location of your choice
- Save money on out-of-pocket costs
- Earn cash rewards for your choices

"I had two procedures done and it was quick and easy to get my reward checks. Great experience and I definitely recommend."

- Alexis, SmartShopper Member

How it works



1. SHOP

by phone or online



2. GO

to a cost-effective location



3. EARN

up to \$500 in cash rewards

Don't miss out on this great program you already have.

Call your Personal Assistant at 1-866-285-7452
or login to BCBSMN.SmartShopper.com

The Personal Assistant Team is available M-Th 8am-8pm and F 8am-6pm

Made available by:



smartshopper®

The SmartShopper program is provided by Vitals, an independent company. Incentives available for select procedures only. Payments are a taxable form of income. Rewards may be delivered by check or an alternative form of payment. Members with coverage under Medicaid or Medicare are not eligible to receive incentive rewards under the SmartShopper program.

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