

Minnesota Healthcare Consortium encourages our members to engage with our wellness program partners. The wellness programs offered are resources for all to begin or continue on their personal wellness journey.



Dealing with Anxiety? Register for **Learn to Live**. Ready to work on a healthier lifestyle? Take the **Omada** Assessment. Looking for a high-quality lower cost provider for healthcare? Review **Smartshopper**. Are you active or do you want to be more active and get rewarded for it? **Register for Sharecare!**

## Healthcare Benefit Programs

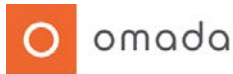
We are dedicated to empowering and engaging our members in lifelong health and well-being”.



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

### Online Cognitive Behavior Therapy

Available 24/7 for ages 13 and over. CODE: MHC



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

### Digital Lifestyle Change Program focusing on Pre-Diabetes & Pre-Heart Disease Prevention & Type 2 Diabetes Program



<https://BCBSMN.SmartShopper.com>

### Health Care Cost Incentive Program

Personal Assistants 1-866-285-7452



<https://bluecrossmn.sharecare.com>

### Wellbeing solution and health platform.

**Fitness Incentive Program** for BCBS Members.



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

### Online Doctors – Telemedicine.

Also includes – Psychologists & Psychiatrists.



<https://www.blue365deals.com>

### Health & Wellness Products & Services

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



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

### Blue Cross Blue Shield – Health Insurance Carrier

Member Customer Service 1-866-537-7702

Smoking Cessation, Maternity etc, Health Coaching



<https://hellofurther.com>

[CustomerSolutions@hellofurther.com](mailto:CustomerSolutions@hellofurther.com)

### Healthcare Spending Account Administration

Member Customer Service 1-800-859-2144