



Employer groups: Your commitment to Healthy *Blue Living*SM



Blue Care
Network
of Michigan

Healthy *Blue Living* is an innovative concept in health care that provides strong incentives for your employees and their spouses to take charge of their health. **Your group members save** money on their copayments and deductibles when they commit to not smoke, lose weight and adopt other healthy behaviors. **You save** on your premium costs as Healthy *Blue Living* is priced below more traditional health plans with similar coverage.

While Healthy *Blue Living* includes coverage for illness and injuries, and important wellness benefits such as immunizations and screenings, **it takes your commitment** to offering comprehensive benefits one step further. With Healthy *Blue Living*, you make a commitment to provide your employees opportunities to improve their health.

What are the employer's roles and responsibilities?

Employers who offer Healthy *Blue Living* assume these responsibilities:

- Provide instructions for how group members can take a free health risk appraisal online
- Promote the need for your group members to complete the health risk appraisal and qualification form within 90 days of enrollment
- Institute and maintain a smoke-free workplace
- Encourage employees to participate in wellness programs
- Encourage group members to choose their primary care physician

Empower and reward your employees

We also expect employers to offer employees additional options that support a healthy lifestyle, such as:

- Healthy food choices in the company cafeteria and vending machines
- BCN-conducted health fairs on-site
- Fitness programs that encourage physical activity at work
- Weight control programs, such as hosting Weight Watchers[®] at work
- Corporate discounts or memberships to exercise and fitness facilities (or provide facilities on-site)
- Publish and post health-related articles for employees

Promoting and supporting healthy lifestyles for group members is required for all employers. Larger employers with more resources to assist employees are expected to offer more options than smaller employers. Please see the other side of this flier for more information or call 800-464-BLUE (2583).





Employer Group	Required	Options					
	Provide smoke-free environment	Health fairs	Distribute health-related articles for employees (brochures, newsletter, posters)	Provide on-site classes or discounts for weight loss	Provide healthy foods in cafeteria and vending machines	Provide stress-relief classes	Provide discounts to exercise facilities, or exercise classes 2x/year, or exercise facility on-site
2-50 enrolled employees Must provide smoke-free environment and select at least one of the optional categories	Required	Not Required	2x/year	1x/year	Ongoing	1x/year	Ongoing
51-300 enrolled employees Must provide smoke-free environment and select at least two of the optional categories	Required	1x/year	2x/year	1x/year	Ongoing	1x/year	Ongoing
301-1000 enrolled employees Must provide smoke-free environment and select at least three of the optional categories	Required	2x/year	2x/year	2x/year	Ongoing	2x/year	Ongoing
1001+ enrolled employees Must provide smoke-free environment and select at least four of the optional categories	Required	2x/year	3x/year	2x/year	Ongoing	2x/year	Ongoing