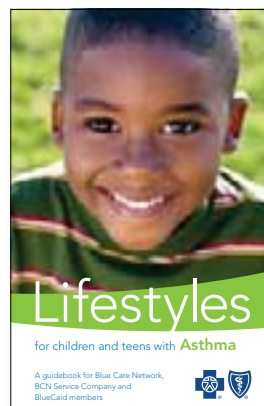


*BlueHealthConnection is an umbrella of programs designed to help members stay healthy, get better or improve their quality of life while living with a chronic illness. Our programs provide a wealth of information, tools and assistance to help chart the course towards a healthier lifestyle.*

## Disease Management

Members receive a welcome kit upon enrollment and get a newsletter twice a year. Some programs offer additional resources such as referrals to health education and case management. Every program will help members better manage their condition and offer the resources and support essential to taking charge of their health. We have programs for conditions such as asthma (adult and child), COPD, depression, diabetes, heart disease and heart failure. To learn more about these programs, call 1-800-392-4247 between 8:30 a.m. and 5 p.m. Monday through Friday, excluding holidays.



## Health Education

Members can call 1-800-637-2972 24 hours a day, seven days a week to request health information or ask a question. We offer free self-help books on a variety of topics such as:

- Healthy approaches to menopause
- Quitting smoking for life
- Feeding your baby from birth to age 2
- Taking control of your cholesterol
- High blood pressure
- Stress management
- Hope and help for depression
- Good nutrition for growing children ages 2-18
- Taking control of your weight
- Eating and exercising for better health

We offer an array of programs designed to enhance members' health through interactive tools, local area discounts, help with smoking cessation and more.

## Healthy Blue Xtras<sup>®\*</sup>

### healthybluextras<sup>SM</sup>

Savings, discounts and special offers from Michigan-based companies such as Costco, Edible Arrangements and Westborn Market for nutritious foods. Get healthy and fit through discounts at Powerhouse Gym and Reebok. Relax with home and garden offers at English Gardens. Take advantage of these offers and more — log in or register at [mibcn.com/mss](http://mibcn.com/mss).

## Blue365<sup>®\*</sup>

Blue365 offers big savings and discounts on weight loss programs, gym memberships, travel, sporting goods, magazines, vitamins, medicine and family care. We've partnered with great companies like Beltone, Jenny Craig<sup>®</sup>, Weight Watchers<sup>®</sup>, Gold's Gym, Snap Fitness, Westin Hotels and many more to deliver value straight to our members. To access these and other discounts, log in or register at [mibcn.com/mss](http://mibcn.com/mss).



## Member communications

BCN mails members information to help them make healthy lifestyle choices and to help them make the most of their coverage.

### What we send:

- Just-In-Time handbook
- Good Health magazine, which has the latest health and benefit news for members. Mailed twice a year.
- Exam and screening reminders

## Tools on MiBCN.com

When members register at Member Secured Services, they can:

- Take a health assessment
- Sign up for an online health coach
- Access personal health quizzes, tools, tracking logs and calculators
- Research a condition, a hospital, or compare treatment costs by using Healthcare Advisor<sup>™</sup>
- Play exercise videos and podcasts
- Read electronic newsletters
- Browse recipes

## Quit the Nic

The Blues' tobacco cessation program

### What we offer:

- One-on-one counseling with a registered nurse
- Action plan
- Educational materials

To enroll, call 1-800-811-1764, Monday through Friday, 9 a.m. to 9 p.m.

