

HEALTH ENHANCEMENT PROGRAMS



PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
Employee Assistance Program (EAP)	All employees and their household members regardless of health plan status.	In-person, telephonic, or virtual counseling, training courses, management consultations, critical incident debriefing, work/life resources and support.	<u>Learn more about the EAP</u> <u>Get support from the EAP</u>
Learn to Live	All employees and their household members (age 13+) regardless of health plan status.	Virtual programs, clinical assessments, and coaching based on Cognitive Behavioral Therapy. Address stress, anxiety & worry, depression, substance abuse, and more.	<u>Learn more about Learn to Live</u> <u>Enroll in Learn to Live</u>
Mindwise	All employees and their household members regardless of health plan status.	Anonymous, mental health screening. 13 screening tools available for general wellbeing, anxiety, substance abuse, and more. Screenings may be completed for one's self, or on behalf of a loved one.	<u>Learn more about Mindwise</u> <u>Take a Mindwise mental health screening</u>

Programs above are available at no cost to all employees regardless of health plan status.

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PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
Ompractice	All employees and their household members (age 13+) regardless of health plan status.	Live, virtual movement and mind/body classes including Yoga, Tai Chi, Pilates, HIIT, Meditation, and more!	Learn more about Ompractice Register for Ompractice
Quizzify	All* employees, and household members. *Only MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents are eligible for incentives.	Monthly jeopardy-like trivia game to help participants improve lifestyle, lower healthcare costs, and differentiate health facts from myths. One quiz is released per month.	Learn more about Quizzify Register for Quizzify
Quizzify2Go	All employees and their household members regardless of health plan status.	Mobile app providing sample questions to help prepare for over 165 types of doctor visits.	Learn more about Quizzify2Go Visit the App or Google Play Store to download the Quizzify2Go app

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HEALTH ENHANCEMENT PROGRAMS

For MIIA/Blue Cross Blue Shield Subscribers



PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
2nd.MD	MIIA/Blue Cross Blue Shield Subscribers, spouses and dependents on an active health plan.	Virtual expert medical consultation and navigation service. Connect with Board Certified specialists about diagnosis, treatment plans, second opinions, and more.	Learn more about 2nd.MD Activate 2nd.MD or call 1-866-269-3534
Ex Program	MIIA/Blue Cross Blue Shield Subscribers, spouses, and dependents 18+ on an active health plan.	Digital tobacco/vape cessation program in collaboration with Mayo Clinic. Access to online support community, live chat expert coaching, and nicotine gum/patches delivery when requested.	Learn more about the Ex Program Enroll in the Ex program
Good Health Gateway	All MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents with Diabetes or Pre-Diabetes on an active health plan.	Diabetes management rewards program providing \$0 copay for diabetes medications and supplies to those adherent to the program.	Learn more about Good Health Gateway Enroll in Good health Gateway

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Headspace	MIIA/Blue Cross Blue Shield Subscribers. Subscribers may enroll and invite 5 friends or family to join Headspace, free of charge (regardless of health plan status).	Mindfulness and Meditation app. Access the full Headspace library including content for sleep, focus, stress & anxiety, movement, and more.	Learn more about Headspace Enroll in Headspace
Hinge Health	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+) on an active health plan.	Virtual physical therapy to support muscle and joint health, decrease and prevent joint pain, to help live a healthy, and pain free life.	Learn more about Hinge Health Enroll in Hinge Health
Maven	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+) on an active health plan.	24/7 Virtual support for Family Building, Pregnancy, Parenting, and Menopause.	Learn more about Maven Enroll in Maven

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Smart Shopper	MIIA/Blue Cross Blue Shield subscribers, spouses and dependents on an active health plan.	Cash back rewards on non-urgent medical procedures when using a preferred provider.	<p><u>Learn more about Smart Shopper</u></p> <p>Log into <u>bluecrossma.org</u> and click "Smart Shopper" or call 1-877-281-3722 to activate Smart Shopper.</p>
Telephonic Wellness Coaching	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+).	Up to 10 coaching sessions per year. Certified Wellness coaches provide guidance, accountability, and support to help you identify and meet goals specific to you and your lifestyle.	<p><u>Learn more about Wellness Coaching</u></p> <p><u>Get started with a Certified Wellness Coach</u></p>

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