



BCBS/SWWC Insurance and Health Programs

Member Customer Service | 866-537-7702
bluecrossmn.com/mnservcoop



Vitals SmartShopper - BCBSMN.VitalsSmartShopper.com

What is SmartShopper?

SmartShopper is a health care shopping and savings program that works with your medical benefits. With SmartShopper, you and your covered family members shop for different medical procedures and tests via phone, web or mobile device. When you choose to have your procedure at a facility on the SmartShopper list, you earn cash. You also save money on what you pay out-of-pocket for the procedure. Shopping with SmartShopper is completely confidential.

FIRST ... REGISTER

Call the SmartShopper Personal Assistant Team at 1-866-285-7452, or visit BCBSMN.VitalsSmartShopper.com and follow the simple prompts.

THEN ...

STEP 1: SHOP

When your doctor recommends a medical test, service or procedure, call the Personal Assistant Team or visit SmartShopper online to search for a reasonably priced location in your area.

STEP 2: GO

Have the procedure at one of the facilities on the SmartShopper list.

STEP 3: EARN

Four to six weeks after the procedure, SmartShopper mails a check to your home. No forms. No hassles. It's that easy!

*Program not available for those in the WesternMN Network.

Sample Procedures with Rewards	
Procedure	Your Reward
Bunionectomy	up to \$150
Carpal Tunnel	up to \$150
Colonoscopy	up to \$250
CT Scan	up to \$75
Gall Bladder Removal (Laparoscopic)	up to \$250
Hammertoe Correction	up to \$150
Hip Replacement	up to \$500
Hysterectomy	up to \$150
Knee Replacement	up to \$500
Mammogram	up to \$50
MRI	up to \$75
Spinal Fusion	up to \$500
Ultrasound	up to \$25
Upper GI Endoscopy	up to \$200



Omada - go.omadahealth.com/mhc

Omada is a digital lifestyle change program. We combine the latest technology with ongoing support so you can make the changes that matter most - whether that's around eating, activity, sleep or stress. It's an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

- Eat Healthier - learn the fundamentals of making smart food choices.
- Increase Activity - discover easy ways to move more and boost your energy.
- Overcome Challenges - gain skills that allow you to break barriers to change.
- Strengthen Habits - zero in on what works for you and find lasting motivation.
- Stay Healthy for Life - continue to set and reach your goals with strategies and support.

Minnesota Healthcare Consortium is offering Omada to employees and their adult family members who are enrolled in our Blue Cross and Blue Shield of Minnesota health plan - at no cost to you.

- You'll get your own:
 - Interactive program
 - Wireless smart scale
 - Weekly online lessons
 - Professional health coach
 - Small group of participants

To take the 1-minute screener, visit omadahealth.com/mhc

*Program not available for those in the WesternMN Network.



Sharecare

Together, Blue Cross and Blue Shield of Minnesota and Sharecare are transforming how Blue Cross members view their health.

Members will begin their health care journey online by completing the RealAge® test. RealAge reveals a person's age based on health, genetics and lifestyle habits verses their chronological age. Rather than a numerical wellbeing score, RealAge provides a simple and intuitive understanding of their health.

Following the completion of the assessment, members will immediately receive highly-personalized recommendations on how to lower their RealAge. They will then be invited to download the mobile app so they can access their information anytime, anywhere.

Resources include a dynamic health profile, easy insights to track lifestyle behaviors, highly-personalized health and wellbeing content, incentives, AskMD®, health topics, challenges and much more.

Sharecare's proven engagement platform provides members with the right information at the right time to help them make the right decisions.

The Fitness Discount program will be discontinued (January 1, 2019, for CCOGAs; July 1, 2019, for Schools). Sharecare will replace this program and members will be able to earn a \$20 Target gift card each month that they reach 10,000 steps/day 21 out of 30 days of the month. Members will need to log their steps daily (will not be able to add retroactively).



Learn to Live - [Learntolive.com/partners](http://learntolive.com/partners)

Mental health struggles are more common than cancer, diabetes and heart disease and yet three out of four people don't get the help they need. Now there's an easy way to get it, in the privacy of your own home.

If you're experiencing insomnia, stress, excessive worry or depression, Learn to Live is an online cognitive behavioral program that can help you work through those issues when and where it's convenient for you and it's proven to work.

HERE'S HOW IT WORKS

- A quick online assessment determines which lessons would benefit you the most. Eight interactive lessons then help you explore situations that trigger negative emotions and give you tips, tricks and strategies to work through them. It is part of your health plan so there is no additional cost to you and it is completely confidential.
- Learn to Live can help you get a handle on stress, anxiety and worry and learn how to deal with those feelings so you're in control — not your emotions.



Doctor on Demand - doctorondemand.com/bluecrossmn

With Doctor On Demand, video visits can be done in just minutes — with no travel time — which means it's quick, it's convenient and it saves money.

Board-certified doctors are available 24/7, 365 days a year to treat many common medical conditions. You also can schedule next-day appointments to see licensed psychologists and psychiatrists between the hours of 7am to 10am local time.

Doctor On Demand treats most of the top 20 conditions treated in urgent care centers, including:

- Upper respiratory infection
- Allergies
- Yeast infections
- Sports injuries
- Travel medicine
- Sinus infections
- Urinary tract infections
- Nausea
- Diarrhea
- Heartburn
- Back pain
- Rashes
- Strep throat

How Much Does it Cost?*

- Medical: starting at \$48 (typically less than in-person)
- Psychology: \$60 - \$115
- Psychiatry: \$242 first time; \$104 follow-up

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

This service is available to any employee – on the health plan or not. If the employee is on the health plan, once they create an account with Doctor on Demand, the service provides real-time benefits eligibility and claims processing specific to their plan. Members also have the option to set up payment through their HSA, FSA or major credit card.



Further - Health Care Spending & Saving - hellofurther.com

Further Member Customer Service: 800-859-2144

Further Member Online Service Center



Blue 365 - blue365deals.com/bcbsmn

With Blue365, great deals are your for every aspect of your life, like 20% off at Reebok.com, discounted products through Jenny Craig, or a gym membership for only \$29 a month.

Register now at blue365deals.com/bcbsmn to take advantage of Blue365. It's an online destination featuring healthy deals and discounts exclusively for our members.

Just have your Blue Cross and Blue Shield of Minnesota member ID card handy. In a couple of minutes, you'll be registered and ready to shop. Every week, we will send a special deal straight to your email inbox!



Live Well - www.swsc.org/livewell

Find up-to-date information on our Live Well (employee wellness) program, including how to receive funding for your site-based employee wellness program (for insurance members). We also offer an incentive program for groups in our insurance pools. Employees on the groups' health plan can earn a \$500 incentive for participating in their organizations Live Well activities. Contact Kari Bailey for more information.



Wellness Coordinator Connection - mhcwellness.org

Online portal for requesting funds for the Live Well (employee wellness) program.

Contact the SWWC Team for more information or visit www.swsc.org/healthinsurance

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