Empowering Members to Better Manage Their Health Care
MUST Value Adds

I. Blue Access for Members® (BAM)

II. Provider Finder

III. Transparency Tools – Member Cost and Liability Estimator

IV. 24/7 Nurseline

V. Virtual Visits

VI. Blue 365 Member Discount Program

VII. Wellness – Well onTarget® and Total Health Management
I. Blue Access for Members®

Go to bcbsmt.com and log in to Blue Access for Members™ (BAM)

Enter your User Name and Password, or click “Register Now” if you are a new user.

Back to Table of Contents
II. Provider Finder

- Patient reviews
- Third-party quality indicators
- Wait times
- Use a member share cost estimator
- See out-of-pocket savings by procedure
Accessing the Provider Finder®

Click the “Doctors and Hospitals” tab from your BAM homepage.
How to Find a Provider

Click Get medical care to search for doctors, hospitals, specialists and more

More Provider Searches
- Find a provider outside the United States
- Find a vision provider

Coverage for ancillary and hospital-based providers and services
- In-network coverage information
How to Find a Provider

Need a family physician, internist, OB/GYN or pediatrician? Click Primary Care to search for doctors in your area

Get Medical Care

- **Primary Care**
  A professional who provides general care

- **Specialist**
  Physicians who treat specific health conditions

- **Urgent Care**
  Treatment for a condition that is not life threatening, but requires prompt attention

- **Hospitals**
  A facility that provides medical and surgical care

- **Diagnostics and Other Medical Services**
  Includes services used to diagnose illness (such as laboratory tests and X-rays) and to manage or treat conditions (such as radiation therapy and dialysis)
How to Find a Provider

Primary Care

- **Family Physician**: A doctor to provide continuing and comprehensive care for all family members.
- **Pediatrician**: A physician who specializes in treating children.
- **Internal Medicine**: The diagnosis and nonsurgical treatment of internal organs.
- **OB/GYN**: A physician who specializes in female reproductive health.
- **General Practice**: A physician who specializes in general care.
Provider Results

122 results for Family Physician

Gary T Hamilton, MD
Family Practice
3817 S Padre Island Dr, Corpus Christi, TX 78415 (0.3 miles away)
4.6 ★★★★★
97% would recommend
2 AWARDS

Luis A Fernandez, MD
Family Practice
3817 S Padre Island Dr, Corpus Christi, TX 78415 (0.3 miles away)
4.5 ★★★★★
98% would recommend
2 AWARDS

Maria F Murray, MD
Family Practice
4628 Weber Rd Ste 5, Corpus Christi, TX 78411 (0.8 miles away)
4.3 ★★★★☆
92% would recommend
2 AWARDS

Susanna Ming, MD
Family Practice
4637 Spid Dr, Corpus Christi, TX 78411 (1.2 miles away)
4.6 ★★★★★
97% would recommend
3 AWARDS

Compare up to 10 Providers side by side
Refine your results by Distance, Rating, Languages, Quality Designations and more
See what other BCBS members think about a doctor
## Provider Comparison

<table>
<thead>
<tr>
<th>Name</th>
<th>Specialty</th>
<th>Would recommend to a friend</th>
<th>Rating</th>
<th>Accepting New Patients</th>
<th>Board Certified</th>
<th>Languages Spoken by Professional</th>
<th>Languages Spoken by Professional or Staff</th>
<th>Average wait time</th>
<th>Number of Awards</th>
<th>Services Available at Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gary T Hamilton, MD</td>
<td>Family Practice</td>
<td>100% [1]</td>
<td>4.5 [0]</td>
<td>Accepts new patients</td>
<td>No</td>
<td>Family Practice</td>
<td>None Reported</td>
<td>Spanish</td>
<td>10 Minutes</td>
<td>Handicap Accessible</td>
</tr>
<tr>
<td>Luis A Fernandez, MD</td>
<td>Family Practice</td>
<td>100% [1]</td>
<td>5.0 [1]</td>
<td>Accepts new patients</td>
<td>Yes</td>
<td>Family Practice</td>
<td>Spanish, Spanish, Arabic</td>
<td>18 Minutes</td>
<td>2</td>
<td>Handicap Accessible</td>
</tr>
<tr>
<td>Maria F Murray, MD</td>
<td>Family Practice</td>
<td>100% [1]</td>
<td>4.5 [0]</td>
<td>Accepts new patients</td>
<td>No</td>
<td>Family Practice</td>
<td>None Reported</td>
<td>Spanish</td>
<td>20 Minutes</td>
<td>Handicap Accessible</td>
</tr>
<tr>
<td>Susanna Ming, MD</td>
<td>Family Practice</td>
<td>100% [1]</td>
<td>5.0 [1]</td>
<td></td>
<td>Yes</td>
<td>Family Practice</td>
<td>None Reported</td>
<td>Spanish</td>
<td>31 Minutes</td>
<td>Handicap Accessible</td>
</tr>
</tbody>
</table>
Provider Contact Information

Name, Provider’s Specialty, Contact Information and Other Office Locations

Patient Ratings and Reviews

Provider Profile Photo

Provider Awards

Provider: Maria F Murray, MD
Specialty: Family Practice
Location: 5536 Saratoga Blvd, Corpus Christi, TX 78413 (2.9 miles away)
Phone: (361) 992-0227

Patient Rating: 4.3 stars
92% would recommend

2 Awards
Facility Ratings and Reviews

Source: Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS)
III. Find a Cost Estimate

Our new transparency offerings strive to:

- Generate sustainable cost savings
- Drive overall health improvement
- Increase member engagement and ownership of benefits
- Leverage multiple member communication channels
- Demonstrate value and performance
How to Find Cost Estimates

Click “Find a cost” to see how much a specific procedure costs and estimate what you will pay out of pocket based on your benefit plan design.
How to Find Cost Estimates

Select from six common service types

- **General Health**
  Routine medical care such as doctor office visits, annual check-ups, and other general health procedures.

- **Diagnostics/Imaging**
  Tests to help diagnose medical conditions, including lab tests (such as blood work), MRIs, and X-rays.

- **Procedures/Surgeries**
  In-patient and outpatient surgeries and other procedures to help treat many medical conditions.

- **Behavioral Health**
  Services for individuals, groups, and/or families suffering from mental, behavioral, or addictive disorders.

- **Vaccines/Immunizations**
  Shots and injections to protect yourself against common diseases like the flu or chicken pox.

- **Other**
  Additional common medical procedures or treatments including: pregnancy, fertility, dermatology, heart health, diabetes, and cancer.

Or, search for a procedure:

Search for a specific procedure by typing it into the search bar or view all procedures.
Cost Estimate: Diagnostics/Imaging

**Diagnostics/Imaging**

**Labs**
Tests run on samples of blood and urine to help detect and diagnose a variety of health conditions.

**MRIs**
A technique that uses a magnetic field and radio waves to create detailed images of the organs and tissues within your body.

**CAT Scans**
Painless X-ray tests in which a computer generates cross-section views of a patient’s anatomy. It can identify normal and abnormal structures, and it can be used to guide procedures.

**X-Rays**
A photographic or digital image of the internal composition of something, especially a part of the body, produced by X-rays being passed through it and being absorbed to different degrees by different materials.

**Ultrasounds**
Diagnostic ultrasound, also called sonography or diagnostic medical sonography, is an imaging method that uses high-frequency sound waves to produce relatively precise images of structures within your body.

**Other Diagnostics**
Common diagnostic procedures to identify specific health conditions.

Select from six categories of diagnostics and imaging services.
Cost Estimate: MRI of the Brain

- **Brain MRI**
  A scan to create a detailed 3-D image of the inside of the brain.

- **Lower Back MRI**
  A scan to create a detailed 3-D image of the spinal bones and tissues of the lower back.

- **Leg MRI**
  A scan to create a detailed 3-D image of the bones and tissues of the leg.

- **Upper Back and Neck MRI**
  A scan to create a detailed 3-D image of the spinal bones and tissues in the neck.

- **Arm MRI**
  A scan to create a detailed 3-D image of the inside of a shoulder, elbow, wrist, or finger joint.

- **Stomach and Abdomen MRI**
  A scan to create a detailed 3-D image of the organs and tissue inside the abdomen.

Search for Brain MRI to locate facilities nearby and estimate your out-of-pocket cost.
Cost Estimate: MRI of the Brain

165 results for MRI Brain without and with Contrast for Facility

$747 your expected cost
Community Imaging LLC
Radiology
12251 S 80th Ave, Palos Heights, IL 60463
(708) 923-5115

Cost Details
You pay: $747
Your plan pays: $0
Total cost: $747

$1,819 your expected cost
Community Imaging LLC
Imaging Center
270 W Loop Rd, Wheaton, IL 60189
(630) 863-8494

Cost Details

$828 your expected cost
Saint Anthony Hospital
General Acute Care Hospital

Hover over Cost Details to see breakdown. In this sample, all the cost was applied to deductible.
Cost Estimate: MRI of the Brain

Expected cost range for you and for your employer for this type of MRI

Member-specific estimated out-of-pocket cost results for each facility

ILLUSTRATIVE PURPOSES ONLY
### Cost Comparison: MRI of the Brain

Comparing 6 profiles

<table>
<thead>
<tr>
<th>Cost [approx.]</th>
<th>Specialties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presence Resurrection Med Ctr 7435 W Talcott Ave, Chicago, IL 60631</td>
<td>$262 General Acute Care Hospital</td>
</tr>
<tr>
<td>Advocate Lutheran General Hosp 1775 Dempster St, Park Ridge, IL 60068</td>
<td>$656 General Acute Care Hospital</td>
</tr>
<tr>
<td>Midwest Advanced Radiology Center 9680 Golf Rd, Des Plaines, IL 60016</td>
<td>$199 Radiology</td>
</tr>
<tr>
<td>Illinois Bone And Joint Institute 2350 Ravine Way Ste 600, Glenview, IL 60025</td>
<td>$199 Immediate Care Center</td>
</tr>
<tr>
<td>Presence Holy Family Medical Ctr 100 N River Rd, Des Plaines, IL 60016</td>
<td>$328 General Acute Care Hospital</td>
</tr>
<tr>
<td>Northwest Community Hospital 800 W Central Rd, Arlington Heights, IL 60005</td>
<td>$405 General Acute Care Hospital</td>
</tr>
</tbody>
</table>
Cost and Facility Overview

Cost estimate breakdown: member’s cost, employer’s cost and total

Adventist Hinsdale Hospital
General Acute Care Hospital
120 N Oak St, Hinsdale, IL 60521

Cost Estimate for MRI Brain without and with Contrast
Total cost: $2,196
$1,374 Your expected cost
$822 Your employer's expected cost

Specialties & Expertise
- General Acute Care Hospital

Areas of Expertise
- In Patient Psychiatric Facility
- Out Patient Psychiatric Facility

Essential Community Provider Type
None

Our Caregivers

ILLUSTRATIVE PURPOSES ONLY
Cost Estimate Breakdown: MRI of the Brain

Member’s cost breakdown: copay, deductible and coinsurance
Cost Estimate Breakdown: MRI of the Brain

View how your out-of-pocket cost is determined for individual and family.

Individual

- **You pay:** 100%
- **You pay a portion.**
  - My employer pays: 0%

Family

- **You pay:** 100%
- **You pay a portion.**
  - My employer pays: 0%

**Your deductible is $1,100**
You are responsible for 100% of your medical costs up to $1,100.

**Your out-of-pocket maximum is $3,900.**
This is the cap of your medical expenses.

**Your deductible is $2,200**
You are responsible for 100% of your medical costs up to $2,200.

**Your out-of-pocket maximum is $7,800.**
This is the cap of your medical expenses.

See the total cost of the procedure, your employer’s expected cost and your estimated out-of-pocket amount.

Your plan runs from January 1, 2016 to December 31, 2016. Your account payments will be reset after that date.

A portion of the estimate contains an average price for professionals that perform this procedure at the facility.
Why Shop Smart for Health Care?

Prices for the same-quality medical procedure can vary dramatically depending on the chosen provider – even amongst nearby facilities.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Provider A</th>
<th>Provider B</th>
<th>Difference</th>
<th>% Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>MRI of the Brain</td>
<td>$513</td>
<td>$4,073</td>
<td>$3,560</td>
<td>+794%</td>
</tr>
<tr>
<td>Hysterectomy</td>
<td>$7,433</td>
<td>$35,039</td>
<td>$27,606</td>
<td>+471%</td>
</tr>
<tr>
<td>Hernia Repair</td>
<td>$3,170</td>
<td>$10,723</td>
<td>$7,553</td>
<td>+338%</td>
</tr>
<tr>
<td>Knee Replacement</td>
<td>$17,003</td>
<td>$61,930</td>
<td>$44,927</td>
<td>+364%</td>
</tr>
</tbody>
</table>

Encourage your employees to make more cost-effective choices.
BCBSMT Mobile App

Go to Blue Access for Members\textsuperscript{SM} (BAM) to find a doctor, cost estimates, quality indicators and more

To download the app, go to Google Play or App Store or text BCBSMTAPP to 33633
Pharmacy Tools on MyPrime

Logged in BAM Members:
- Single user sign-in from BAM
- Specific to the benefit
- Includes family’s prescription history
- Synced w/ PrimeMail (refills & order status)
- Medicine search

Non-members:
- Find medicines
- Estimate drug costs
- Find pharmacies
- Plan Documents
Pharmacy Transparency

Pharmacy Cost Estimator

• View prescription cost estimates for pharmacies in your search area

• See out-of-pocket cost for the prescription based on plan design, drug list status and current personal spending balances

• Search medication descriptions, side effects and generic alternatives

Savings Alerts identify opportunities:

• Moving to a lower-cost pharmacy
• Changing to a generic drug
• Consolidating all prescriptions to one pharmacy
Using Myprime: Performance Drug List

- Go to myprime.com & click on ‘Continue without sign in’
- Select ‘BCBS Montana’ as your health plan.
- Select ‘No’ when it asks if you are a Med Part D member.
- Click on ‘Medicines’ & then ‘Find Medicine’
- Select the drug list, which is ‘Performance Drug List’ -> click ‘continue’
- Now you can determine:
  - Estimated drug costs for a HDHP
  - Search the drug list
Using Myprime: Advantage Plus Network

- Click on ‘Pharmacies’ & select the network, which is ‘2017 Advantage Plus Network’ -> click ‘submit’
- Enter zip, city & state, or address. (alternative search: pharmacy name)
- Map search & Filters are available
MyPrime Landing Page
Sign in, register or browse the site as a guest by clicking “Continue without sign in” to search for medicines and pharmacies and see helpful plan documents.
Post Login Home Page (Dashboard)

Relevant information to the member is displayed at the forefront, including quick links to refill prescriptions with PrimeMail, see prescription history and check PrimeMail order status.
Current Medicines (for logged in members)
• Provides members with a list of all medicines available to refill, renew or transfer to PrimeMail.
• Fill medicines with PrimeMail by adding to cart and going through the checkout.
• For retail only members, current medicines will display a listing of medicines the member has filled at a retail pharmacy.
Find Medicines

- Perform searches by drug name or condition
- See cost estimates and coverage status based on member pharmacy benefits.
LIPITOR

For Terrence | 10mg tablet / 30 per 30 days Select a different dosage

No interactions found

Coverage information

Covered
This medicine is covered by your pharmacy benefit plan.

Not on drug list
This drug is not included on your health plan’s drug list, or formulary.

Non-formulary
This non-formulary drug may be covered on a temporary basis during your 90-day transition period. You should work with your prescriber to ask for a formulary exception or to switch to a formulary alternative.

Generic equivalent
atorvastatin calcium
Covered, On drug list, Formulary

See how much you can save with the generic version from PrimeMail

Therapeutic alternatives
Most conditions can be treated by more than one medicine. A therapeutic alternative is a chemically similar drug which can resolve some of the same symptoms. It can be the generic version of a brand-name medicine or a different brand-name medicine. It can also save you money. Talk to your doctor to see if a therapeutic equivalent could work for you.

Check for therapeutic alternatives

Delivered to your door with PrimeMail

Total cost: $597
Plan paid: $597
Your 90-day cost: $0
See all pricing options

Fill with PrimeMail
The estimated amount you’ll pay after your health plan’s cost share - such as copay, coinsurance, deductible or premium - have been met. Actual cost will be determined at the time of purchase.

Interactions
What do I need to tell my doctor Before taking this medicine...

Medicine Details Page
Clear coverage status and details including generic equivalents and interactions.
Pharmacies

• Search for pharmacies in network by entering a ZIP code, city/state, or address.
• Select medicines for pricing estimates and compare pricing across pharmacies.
• Filter results by extended supply, 24-hour availability and preferred status (if applicable).
Learn
Where members can learn more about Prime’s programs, review answers to frequently asked questions and view clear and simple definitions to common pharmacy industry terms.
Get the forms you need

Forms and resources for your prescription drug plan.

Your drug list: BCBSMN FlexRx Drug List

Authorization Cancellation Form

Authorization for Release of Information

Drug List Exclusions

FlexRx Drug List

FlexRx Formulary Updates

FlexRx Standard Utilization Management Programs

FlexRx Utilization Management Updates

Forms
One place for all relevant member documents.
### Prescription history – For logged in members

View past prescription history and medicine costs through customizable list options.

<table>
<thead>
<tr>
<th>Date</th>
<th>Medicine</th>
<th>Dosage Details</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 13, 2016</td>
<td>amoxicillin</td>
<td>125mg/5mL oral suspension reconstituted / 1mL for 30 days</td>
<td>$1.12</td>
</tr>
<tr>
<td>Jan 13, 2016</td>
<td>atorvastatin calcium</td>
<td>20mg tablet / 90 tablets for 90 days</td>
<td>$10.20</td>
</tr>
<tr>
<td>Jan 13, 2016</td>
<td>fluticasone propionate</td>
<td>50mcg/aerosol suspension / 16gm for 90 days</td>
<td>$10.00</td>
</tr>
<tr>
<td>Jan 13, 2016</td>
<td>NEXIUM</td>
<td>20mg capsule delayed release / 1 capsule delayed release / 90 days</td>
<td>$2,000.40</td>
</tr>
<tr>
<td>Jan 13, 2016</td>
<td>omeprazole</td>
<td></td>
<td>$6.30</td>
</tr>
</tbody>
</table>
Secure Message Center – For logged in members
A secure place on MyPrime.com where members who have chosen electronic communication channels can receive messages from Prime
IV. 24/7 Nurseline

Nurses available anytime you need them.

Call the 24/7 Nurseline with any health questions.
Toll-free: 877-213-2565
Hours of Operation: Anytime

Health happens — good or bad, 24 hours a day, seven days a week. That is why we have registered nurses waiting to talk to you whenever you call our 24/7 Nurseline.

Our nurses can answer your health questions and try to help you decide whether you should go to the emergency room or urgent care center or make an appointment with your doctor. You can also call the 24/7 Nurseline whenever you or your covered family members need answers to health questions about:

- Asthma
- Dizziness or severe headaches
- Cuts or burns
- Back pain
- High fever
- Sore throat
- Diabetes
- A baby’s nonstop crying
- And much more

Plus, when you call, you can access an audio library of more than 1,000 health topics — from allergies to surgeries — with more than 500 topics available in Spanish.
V. Virtual Visits

Why Virtual Visits?

- Online visit scheduling and payment collection
- Digital Prescriptions to pharmacy of choice
- Minimal technology requirements
- Secure messaging and email
- Mobile app

Simple, non-emergency medical conditions addressed via online video, mobile app or telephone

SEAMLESS MEMBER EXPERIENCE
When to Use Virtual Visits

Non-Emergency Medical Conditions
- Allergies
- Cold and flu
- Diarrhea
- Earache
- Fever
- Headache
- Insect bites
- Nausea
- Pinkeye
- Sore throat

Pediatric Care
- Cold and flu
- Earache
- Nausea

Behavioral Health
- Depression and anxiety
- Marital problems
- Child behavior and learning issues
- Financial hardship
- Coping with loss and grief
- Stresses and challenges of everyday life
One-Time Account Activation from Blue Access for Members℠

Log in to Blue Access for Members and click Virtual Visits in the Quick Links menu

Click the Visit MDLIVE link on the My Coverage Virtual Visits page

Member is redirected to MDLIVE profile page to complete* profile and activate account

*Steps 1 and 2 are automatically completed. The member needs to complete steps 3-5.
One-Time Account Activation from MDLIVE Website

Visit mdlive.com/bcbsmt and click Activate Now

Follow the prompts:
- Member Registration*
- Verification
- Create Profile
- Security Settings
- Sign-Up Complete

*Member will need BCBSMT ID card available to register from mdlive.com.

MDLIVE, an independent company, that provides virtual visit services for Blue Cross and Blue Shield of Montana. MDLIVE operates and administers the virtual visit program and is solely responsible for its operations and that of its contracted providers.
Requesting a Virtual Visit

Log in via Blue Access for Members℠ or mdlive.com/bcbsmt, choose location* and doctor or therapist for visit

Choose first available provider or schedule an appointment**

Provide a brief medical history, pharmacy information and method of payment

Receive confirmation and visit the doctor or therapist!

*Each state has different regulations for virtual visits. The state the member is in when requesting a virtual visit will determine whether the consultation is by phone or by video.

**Behavioral health visits are by appointment only.
Learn More About Virtual Visits in Blue Access for Members℠ (BAM℠)

Access the Virtual Visits page in BAM℠ from the:

- My Coverage tab
- My Health tab
- Quick Links menu
Single Sign-On Through BAM℠

These pages link the member directly to MDLIVE’s site – a seamless transition.
VI. Blue365

Blue365®
Member Discount Program
Members and covered dependents can save money on value-added health and wellness products and services not usually covered by a medical benefit plan.
Register for Blue365® on Blue Access for Members℠

From the My Coverage tab, click Discounts under the Member Advantages section on the left side. Follow the link to the Blue365 site

Once registered, you will receive a weekly “Featured Deals” email
Or register at Blue365deals.com

Click Register/Login at the top right corner of the Blue365® homepage

Once registered, you will receive a weekly “Featured Deals” email
Blue365®

EXCLUSIVE HEALTH & WELLNESS DISCOUNTS FOR MEMBERS

Save on fitness gear, family activities, gym memberships, healthy eating, dental, vision, hearing aids and more from top national and local retailers.
Blue365® DEALS

Fitness

Personal Care

Healthy Eating

Wellness

Learn more by watching a short video at the “How It Works” page

To view in Spanish, change the language preference in your Account Profile
Pay Less for Vision, Accessories, and Services from vendors such as Davis Vision℠, Contacts America, Fitovers, LASIK, QualSight Lasik and more.

Please visit Blue365deals.com for more details
HEARING DISCOUNTS
through TruHearing® and Beltone™

Available to covered members –
Extended family members are eligible even if they are not enrolled in a BCBS plan

• Hearing test performed by a licensed hearing specialist at no additional charge*
• Quality digital hearing aids available at a reduced price
• 3-year warranty

*When performed for the purpose of fitting a hearing aid
Discounts available to extended family members, including those in the same household, parents, grandparents and siblings.
ADDITIONAL FITNESS DISCOUNTS

JAWBONE

WELLNESSCODES-JAWBONE

10% - 30% Discount on Jawbone Activity Trackers

REDEEM NOW

SHARE:  

BCBSMT reserves the right to stop or change this program at any time without notice.
HEALTHY EATING DISCOUNTS

Blue365® members can reach their weight-loss goals with savings from leading programs

Save on healthy meals, membership fees, nutritional products and services
DENTAL DISCOUNTS through Dental Solutions

With Dental Solutions, Blue365® members will have access to more than 61,000 dentists at more than 185,000 credentialed dental access points including a complete specialty network.

The discount card is intended for those that do not have insured benefits for dental. Pay a $6 monthly recurring fee and a one-time non-refundable sign-up fee of $9.95.
DENTAL DISCOUNTS
through Procter & Gamble (P&G)

Keep your smile healthy and bright with Procter & Gamble dental bundles

• Dental packages at reduced pricing containing the latest in Oral B® power toothbrushes and Crest® products
VII. Well On Target ®

Empowering, engaging and activating members
How Do We Engage Our Members?

- Dynamic Well onTarget® portal design for a personalized experience
- Built in Blue PointsSM rewards to encourage healthy behaviors
- Easy access to wellness features through the new Well onTarget mobile app
- New fitness device integration for constant motivation
- Personalized wellness communications for additional encouragement
- Employer tools for promoting on-site wellness events and hosting workplace competitions
PORTAL HIGHLIGHTS

• Health Assessment
• Member dashboard
• Self-directed courses
• Trackers and tools
• Interactive symptom checker
• Health & wellness content
• Food and exercise diary
• Social networking
• Text messaging
• Blue Points™ rewards
• Fitness Program
• Monthly Challenges
• Fitness Device Tracking and Mobile App
Introducing Well onTarget® MOBILE
Well onTarget® Mobile

WELLNESS ON THE GO

Features available at launch:

• Mobile Health Assessment
• Health Dashboard and Trackers
• Blue Points℠ Balance
• Sync a Fitness Device or App
The Health Assessment

• Integrated within the portal
• Scientifically based branching logic for a personalized experience
• Drives engagement by recommending self-directed courses and coaching after completion
• Personal wellness report with health improvement tip
Blue Points℠ – Built-in Incentives

Instant recognition and rewards with Blue Points℠
• Members can earn over $250 in Blue Points℠ rewards
• Offerings that earn points:
  • Biometric screenings (voucher and on-site through Interactive Health and Catapult Health)
  • Health Assessment completion
  • Self-directed courses
  • Fitness Program Visits
  • Use of Online Trackers
  • Synching and using a fitness device or app

![Image of Blue Points℠ interface](image-url)
SELF-DIRECTED COURSES

STRUCTURED 12-WEEK LESSONS ON 5 KEY HEALTH TOPICS

Course Overview

The Stress Report

Milestone Assessment
Health & Wellness Interactive Tools & Resources

- Articles & Tools
- Food & Exercise Diary
- Symptom Checker
Device Marketplace and Dashboard
Our Fitness Services

Fitness Program:

$25

Monthly Membership fee to a nationwide network of leading national, regional and local fitness centers with no contract

VS. $45.30 average monthly fee for access to one fitness center brand*

FITNESS WORKS:

Our Corporate On-site Fitness Center Program**

• Facility on-site
• Tracking of usage by members
• Access at Blue Access for Members℠ or wellontarget.com
• Earn Blue Points℠ as you work out at work
Advantages of Our Wellness Solution

**HOLISTIC**
approach addressing members’ stress, nutrition and physical activity

**INTEGRATED**
with Blue Care Connection® clinical programming

**FLEXIBLE**
with a range of features to improve your population’s health

**VALUE**
through built-in Blue Points℠ incentives and market-leading price
TOTAL HEALTH MANAGEMENT

An innovative wellness program aimed at improving your health and reducing your health care costs.

Enroll Now

1. Coordinate the completion of the provided THM Health Assessment Form with your physician.

2. Sign the THM Form along with your Primary Care Provider.

3. Submit the completed THM Health Assessment Form by June 30.

Please contact wellness@bcbsmt.com for more information.
The Big Picture

PLAN,
ENGAGE,
MOTIVATE,
SUSTAIN,
MEASURE