

# Blue Cross® Health and Wellness program options

## Self-funded pricing overview

Certain services may be purchased separately to help your employees pursue a healthier lifestyle. A la carte pricing is noted in the chart on the next page.

Package	Component	Description
<b>Healthy Basics</b> Included in base administration fee  The basic building blocks to create a healthy workforce.	<b>Online wellness platform</b>	Interactive online resources, including a health assessment, the Digital Health Assistant <sup>SM</sup> , integrated apps, message boards, trackers, videos, tools and other health information
	<b>24-Hour Nurse Line</b>	Supports employees with their health care questions 24 hours a day, seven days a week
	<b>Engagement Center</b>	Specialists help employees understand and enroll in Blue Cross Health & Wellness programs
	<b>Case Management</b>	Helps employees coordinate their care and deal with complex health issues
	<b>Chronic Condition Management</b>	Helps employees manage chronic conditions
	<b>Care Transition to Home</b>	Coordinates health care services and provides support for employees transitioning from the hospital to home to reduce preventable readmissions within 30 days of discharge
	<b>Win by Losing</b>	Provides a toolkit that includes templates for tracking food intake and activity, health coaching videos, and eating plans and healthy recipes
	<b>Blue365®</b>	Offers discounts to your employees for health-related products and services needed to support a healthy, balanced lifestyle

## Enhanced wellness options

Select from a variety of enhanced options to improve the health and productivity of your workforce.

Package	Component	Description
<b>Health Management</b> \$1.53 Per contract per month	<b>Chronic Condition Management</b>	Manages a higher percentage of employees with chronic conditions to drive maximum savings

Package	Component	Description
<b>Wellness Plus</b> \$1.50 Per member per month	<b>Reward tracking</b>	Engage your employees in wellness programs and track participation
	<b>Gift card fulfillment</b>	Reward your employees for completing wellness programs or meeting certain health goals
	<b>Text messaging</b>	Your employees will receive text message reminders to complete wellness activities and motivational messages to help them keep their health on track

Continued



Blue Cross®  
HEALTH & WELLNESS

## Self-funded pricing overview continued

Package	Component	Description
<b>Premium Wellness</b> \$2.50 Per member per month	<b>Physician Health Screening</b>	Identifies emerging health issues as early as possible so health care specialists can intervene
	<b>Onsite wellness coordinator</b>	A Blue Cross onsite wellness coordinator will work closely with your organization and employees to increase productivity and morale, and promote your wellness program throughout the year
	<b>Reward tracking</b>	Engage your employees in wellness programs and track participation and incentive programs
	<b>Wellness challenges</b>	Team-based challenges that use the dynamics of group interaction to promote sustained healthy activities among your employees
	<b>Gift card fulfillment</b>	Reward your employees for completing wellness activities or meeting certain health goals
	<b>Text messaging</b>	Your employees will receive text message reminders to complete wellness activities and motivational messages to help them keep their health on track
	<b>Configurable platform</b>	Your logo can appear on your employees' platform, and you have the option to customize several areas on the platform
	<b>Pedometer fulfillment</b>	Order a bulk shipment of pedometers shipped to your business, or let your employees order pedometers online and have them shipped to their homes; additional charges for pedometers will apply

Package	Component		Description
<b>A la carte programs</b>	<b>Worksite health screenings</b>	\$55 per screening	Provides biometric screenings in the workplace coupled with advice for health improvement (can be purchased with the Premium Wellness package only)
	<b>Lifestyle Coaching</b>	\$100 per engaged member (low risk) \$200 per engaged member (medium risk) \$300 per engaged member (high risk)	Solution-focused coaching with specially trained health coaches to help your employees improve their daily quality of life (can be purchased with the Wellness Plus or Premium Wellness packages only)
	<b>Tobacco Cessation Coaching</b>	\$315 per engaged member (without nicotine replacement therapy, with Wellness Plus or Premium Wellness package) \$350 per engaged member (without nicotine replacement therapy, stand-alone program) \$500 per engaged member (with nicotine replacement therapy, with Wellness Plus or Premium Wellness package) \$525 per engaged member (with nicotine replacement therapy, stand-alone program)	A specialized program for your employees who are ready to quit using tobacco products; you have the option to include nicotine replacement therapy
	<b>Physician Health Screening</b>	\$1 per member per month	Identifies emerging health issues as early as possible so health care specialists can intervene
	<b>Blue Cross® Health &amp; Wellness Access</b>	\$1.50 per member per month	An integrated solution for employers who offer multiple health plans but want to provide their employees with one health assessment and online wellness platform
	<b>Bulk Fitbit order</b>	Pricing upon request	Order a bulk shipment of pedometers shipped to your business
	<b>Paper health assessment</b>	\$30 per mailed form	Allows employees who don't have Internet access to take the same health assessment that's online; results are mailed to their homes; employees must log in to the Blue Cross Health & Wellness site and register in order for their paper assessment to count toward compliance requirements (can be purchased with the Wellness Plus or Premium Wellness packages only)