











Getting Started with BCBS Wellness Resources!

Blue Cross Blue Shield has many wellness programs to offer to those participating in a medical plan. Most of them are included, for no added cost! Access all these resources at <https://mybam.bcbsil.com/wellness/programs>.

<p>Well onTarget </p> <p>Well onTarget has resources and tools to help you manage your health, including, self-management programs, lessons and health tracking. The BluePoints program where you can earn points and redeem them online for rewards.</p>	<p>Digital Mental Health </p> <p>Do you deal with anxiety, stress, depression or sleep problems? Check out Learn to Live to access online programs, based on therapy techniques, that can help!</p>
<p>Wondr Health </p> <p>Wondr Health can help you lose and maintain a healthy weight to improve your overall health. Do this while eating all the foods you love. Gain access to the courses, dashboard, app, coaching support and more for no additional cost!</p>	<p>Fitness Program </p> <p>Need flexible options to get in shape and stay active? The Fitness Program is perfect for you! Pay as you go for classes and choose from a network of gyms offering tiered pricing that will fit your lifestyle and your budget.</p>
<p>Livongo® for high blood pressure </p> <p>Livongo helps you take control of your blood pressure. With this program, you are offered online education and support from a live coach to help you better manage your weight and stress and better your heart health!</p>	<p>Hinge Health® for chronic pain </p> <p>Have chronic back, shoulder, neck, hip or knee pain? Hinge Health allows you to regain your health, all while staying home! You'll receive all equipment you need so that your coach can support you along the way.</p>
<p>Women's and Family Health </p> <p>Ovia Health™ apps feature health trackers, tips, coaching and more around fertility, pregnancy and parenting. Maternity specialists are able to help from early pregnancy until six weeks after delivery if your pregnancy is high risk.</p>	<p>Livongo Diabetes Management and Prevention </p> <p>By joining this program, you'll receive unlimited test strips and a new glucose meter that lets you know if your levels are too high or low. Join the program to learn about additional perks!</p>
<p>Blue365 Member Discount Program </p> <p>Blue365 offers health-focused discounts on health-related products, weight loss programs, gyms and more! Blue365 includes different gyms than the Fitness Program. Check it out!</p>	<p>Dental Wellness Center </p> <p>Maintain your oral health with the Dental Wellness Center. Find in-network dentists, educate your family on preventative care, learn about health risks and estimate the cost of services with our cost advisor.</p>

For additional questions, access the AskHR Hub in the Performance and Development Portal. Or email askhr@heartlandvetpartners.com.