

# what can i buy with my bcbs wellness card

## What Can I Buy with My BCBS Wellness Card? Unlocking Your Healthcare Rewards

Are you the proud owner of a Blue Cross Blue Shield (BCBS) wellness card? Congratulations! You've taken a proactive step towards better health, and that deserves a reward. But what exactly can you buy with that handy little card? This comprehensive guide will answer that question, walking you through everything from gym memberships to healthy snacks, and uncovering some often-missed benefits tucked away in your plan. We'll also explore how to maximize your wellness rewards and avoid common pitfalls. Get ready to unlock the full potential of your BCBS wellness card!

### Understanding Your BCBS Wellness Program: More Than Just a Card

Before diving into the specifics of what you can buy, it's crucial to understand that BCBS wellness programs vary significantly depending on your specific plan and employer. There's no one-size-fits-all answer. Your card might be linked to a rewards program, a discount program, or a combination of both. Some plans offer cash back or rebates on eligible purchases, while others provide access to discounted services or products.

The first step is to understand your specific plan. Check your plan documents, your employer's wellness portal (if applicable), or contact your BCBS customer service directly. This is the most important step to accurately determine what your wellness card unlocks. Look for keywords like "wellness rewards," "preventive care rewards," "healthy lifestyle incentives," or "discount programs." This will help you navigate your available benefits effectively.

### Common Purchases and Services Covered by BCBS Wellness Cards

While the specifics depend on your plan, here are some common items and services that many BCBS wellness programs cover:

1. **Gym Memberships and Fitness Classes:** Many plans offer discounts or reimbursements for gym memberships, fitness classes (yoga, Zumba, spin), and even personal training sessions. This incentivizes regular exercise and contributes to your overall well-being. Always check your plan details to see which gyms or fitness providers are included in your program.

1. **Health and Wellness Products:** Some plans may offer discounts on health-related products such as:

**Fitness trackers:** These devices can monitor your activity levels, sleep patterns, and heart rate, providing valuable data for improving your health.

**Healthy snacks and meals:** Certain programs might offer rebates or discounts on healthy foods and beverages from select retailers. Think fruits, vegetables, whole grains, and lean proteins.

**Health supplements:** Vitamins, minerals, and other supplements could be eligible for discounts under certain plans. Always check with your provider to ensure the supplement is covered.

**Home fitness equipment:** Depending on your plan, you might find discounts on items like yoga mats, resistance bands, or even stationary bikes.

1. **Preventative Care Services:** This is where you'll find some of the most significant potential savings.

Many BCBS wellness programs cover or incentivize preventative health services such as:

**Annual physical exams:** Regular check-ups are essential for maintaining good health.

**Vaccinations:** Flu shots, pneumonia vaccines, and other necessary vaccinations might be covered completely or at a discounted rate.

**Screenings:** Cancer screenings, cholesterol tests, and blood pressure checks are often included in wellness programs.

1. **Mental Health and Wellness Resources:** Increasingly, BCBS plans are recognizing the importance of mental well-being. This may include:

**Therapy sessions:** Discounts or reimbursements for therapy sessions with licensed professionals.

**Meditation apps:** Subscription discounts for apps that promote mindfulness and stress reduction.

**Stress management programs:** Access to online or in-person programs designed to help manage stress and improve mental health.

## **Maximizing Your Wellness Rewards: Tips and Tricks**

**Read your plan documents carefully:** This might seem obvious, but many people overlook the fine print.

Understand the limitations, eligibility criteria, and reimbursement processes.

**Track your expenses:** Keep receipts and records of all eligible purchases to ensure accurate reimbursement.

Many programs require submitting receipts online or by mail.

**Utilize your employer's wellness portal (if applicable):** These portals often offer additional resources and

information about your plan's benefits.

Don't be afraid to ask questions: If you have any uncertainties about what's covered or how to use your card, contact BCBS customer service. They are there to help!

Check for updates regularly: Wellness programs can change, so periodically review your plan details to ensure you're aware of any new benefits or adjustments.

## Conclusion

Your BCBS wellness card is a valuable tool for improving your health and potentially saving money. By understanding your specific plan, taking advantage of covered services and products, and staying informed about program updates, you can significantly maximize the benefits. Remember to always check your plan documents and contact BCBS customer service if you have any questions. Investing in your well-being is an investment in your future, and your wellness card can help make that investment a little easier.

## FAQs

1. Can I use my BCBS wellness card at any gym? No, typically the program will have a network of participating gyms and fitness centers. Check your plan documents for a list of in-network providers.
1. What if I don't have an employer-sponsored wellness program? Some individual BCBS plans may offer wellness programs, but the benefits will vary. Contact your BCBS provider directly to learn about individual plan options.
1. How do I get reimbursed for expenses? The reimbursement process varies depending on the program. Some programs offer automatic deductions, while others require you to submit receipts for review and processing. Check your plan documents for details.
1. What happens if I lose my BCBS wellness card? Contact BCBS customer service immediately to report the loss and request a replacement.
1. Can I use my BCBS wellness card for prescription medications? Typically, wellness cards are not

used for prescription medications. Prescription drug coverage is usually handled separately through your BCBS pharmacy benefits.

**what can i buy with my bcbs wellness card:** *The Medicare Handbook* , 1988

**what can i buy with my bcbs wellness card:** **Medicare Hospice Benefits** , 1993

**what can i buy with my bcbs wellness card:** **Earth Day** Melissa Ferguson, 2021-10-28 Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways.

**what can i buy with my bcbs wellness card:** **The Affordable Care Act** Tamara Thompson, 2014-12-02 The Patient Protection and Affordable Care Act (ACA) was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage, and reduce the costs of healthcare overall. Along with sweeping change came sweeping criticisms and issues. This book explores the pros and cons of the Affordable Care Act, and explains who benefits from the ACA. Readers will learn how the economy is affected by the ACA, and the impact of the ACA rollout.

**what can i buy with my bcbs wellness card:** **Unwinding Anxiety** Judson Brewer, 2021-03-09 New York Times and Wall Street Journal bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

**what can i buy with my bcbs wellness card:** **New York State Service** New York (State). Department of Civil Service, 1887

**what can i buy with my bcbs wellness card:** *Medical and Dental Expenses* , 1990

**what can i buy with my bcbs wellness card:** Section 1557 of the Affordable Care Act American Dental Association, 2017-05-24 Section 1557 is the nondiscrimination provision of the Affordable Care Act (ACA). This brief guide explains Section 1557 in more detail and what your practice needs to do to meet the requirements of this federal law. Includes sample notices of nondiscrimination, as well as taglines translated for the top 15 languages by state.

**what can i buy with my bcbs wellness card:** *Pain Free* Pete Egoscue, Roger Gittines, 2014-06-25 Starting today, you don't have to live in pain. "This book is extraordinary, and I am thrilled to recommend it to anyone who's interested in dramatically increasing the quality of their physical health."—Tony Robbins That is the revolutionary message of this breakthrough system for

eliminating chronic pain without drugs, surgery, or expensive physical therapy. Developed by Pete Egoscue, a nationally renowned physiologist and sports injury consultant to some of today's top athletes, the Egoscue Method has an astounding 95 percent success rate. The key is a series of gentle exercises and carefully constructed stretches called E-cises. Inside you'll find detailed photographs and step-by-step instructions for dozens of e-cises specifically designed to provide quick and lasting relief of: • Lower back pain, hip problems, sciatica, and bad knees • Carpal tunnel syndrome and even some forms of arthritis • Migraines and other headaches, stiff neck, fatigue, sinus problems, vertigo, and TMJ • Shin splints, varicose veins, sprained or weak ankles, and many foot ailments • Bursitis, tendinitis, and rotator cuff problems Plus special preventive programs for maintaining health through the entire body. With this book in hand, you're on your way to regaining the greatest gift of all: a pain-free body!

**what can i buy with my bcbs wellness card:** Federal Employees Health Benefits Children's Equity Act of 2000 United States. Congress. House. Committee on Government Reform, 2000

**what can i buy with my bcbs wellness card:** **Medicare coverage of diabetes supplies & services** , 2002

**what can i buy with my bcbs wellness card:** Union Health and Welfare Plans ... United States. Bureau of Labor Statistics, 1947

**what can i buy with my bcbs wellness card:** Medicare For Dummies Patricia Barry, 2016-06-02 Medicare For Dummies, 2nd Edition (9781119293392) was previously published as Medicare For Dummies, 2nd Edition (9781119079422). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Make your way through the Medicare maze with help from For Dummies America's baby boomers are now turning 65 at the rate of about 10,000 a day. Yet very few have any idea about how Medicare works, when they should sign up, or how the program fits in with other health insurance they may have. Medicare For Dummies, 2nd Edition provides a detailed road map for navigating Medicare's often-baffling complexities and helps consumers avoid pitfalls that could otherwise cost them dearly. In plain language, the new edition explains: How to qualify for Medicare, according to your personal circumstances, including new information on the rights of people in same-sex marriages When to sign up at the time that's right for you, to avoid lifelong late penalties How to weigh Medicare's many options so you can be confident of making the decision that's best for you What Medicare covers and what you pay, with up-to-date details of the costs of premiums, deductibles, and copays—and how you may be able to reduce those expenses By conveying not only the basics but also how to troubleshoot problems and where to find assistance, Medicare For Dummies, 2nd Edition helps you to get the most out of Medicare.

**what can i buy with my bcbs wellness card:** **Working Mother** , 2003-10 The magazine that helps career moms balance their personal and professional lives.

**what can i buy with my bcbs wellness card:** **Providers who Participate (accept Assignment).** , 1989

**what can i buy with my bcbs wellness card:** *Important Information about Medicaid* , 1989

**what can i buy with my bcbs wellness card:** Making Eye Health a Population Health Imperative National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to

the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

**what can i buy with my bcbs wellness card: *The Science of Cognitive Behavioral Therapy*** Stefan G. Hofmann, Gordon J. G. Asmundson, 2017-06-01 The Science of Cognitive Behavioral Therapy describes the scientific approach of CBT, reviews the efficacy and validity of the CBT model, and exemplifies important differences and commonalities of CBT approaches. The overarching principle of CBT interventions is that cognitions causally influence emotional experiences and behaviors. The book reviews recent mediation studies, experimental studies, and neuroimaging studies in affective neuroscience that support the basic model of CBT, as well as those that clarify the mechanisms of treatment change. Additionally, the book explains the interplay of cognition and emotion in CBT, specifies the treatment goals of CBT, discusses the relationship of cognitive models with medical models and associated diagnostic systems, and provides concrete illustrations of important general and disorder-specific considerations of CBT. - Investigates the scientific foundation of CBT - Explores the interplay of emotion and cognition in CBT - Reviews neuroscience studies on the mechanisms of change in CBT - Identifies similarities and differences in CBT approaches for different disorders - Discusses CBT extensions and modifications - Describes computer assisted applications of CBT

**what can i buy with my bcbs wellness card: Indemnity benefit plan , 1985**

**what can i buy with my bcbs wellness card: Medicare & You ,**

**what can i buy with my bcbs wellness card: Eat Healthy, Be Active Community**

**Workshops** Health and Human Services Dept (U S ), 2012-11 NOTE: NO FURTHER DISCOUNT FOR THIS PRINT PRODUCT --OVERSTOCK SALE-- Significantly reduced list price Six one-hour workshops were developed, based on the Dietary Guidelines for Americans, 2010 and 2008 Physical Activity Guidelines for Americans. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings. Other related products El Camino Hacia una Vida Saludable Basada en las Guías Alimenticias para los Estadounidenses = The Road to a Healthy Life Based on the Dietary Guidelines for Americans (Bilingual Spanish and English) can be found here: <https://bookstore.gpo.gov/products/sku/017-001-00564-9> Healthy People 2010, Midcourse Review can be found here: <https://bookstore.gpo.gov/products/sku/017-001-00563-1> Dietary Guidelines for Americans, 2010 can be found here: <https://bookstore.gpo.gov/products/sku/001-000-04747-7> Living a Balanced Life With Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Populations (Kit) can be found here: <https://bookstore.gpo.gov/products/sku/017-023-00226-1>

**what can i buy with my bcbs wellness card: Macs For Dummies** Edward C. Baig, 2009-01-06 Whether you're thinking of switching to a Macintosh computer, are looking into the latest Apple products, or have a Mac and want to learn about Mac OS X Leopard, then Macs For Dummies, 10th Edition will get you going. Here you'll learn all about how to compare the different desktop and laptop models to choose your perfect match, make Mac OS X Leopard work your way, use the new iLife 2008 digital lifestyle applications, get online and connect to a wired or wireless

network, and run Windows on your Mac so you can keep the Microsoft programs you need. You'll also discover how to: Navigate your way around the Mac interface and work with icons and folders Best utilize OS X, work with the new Photo Booth, and manage clutter with Exposé and Spaces Get connected, start a Web-browsing Safari, use e-mail and iChat, and shop online Join .Mac and take advantage of iDisk backups, IMAP mail, and Web Gallery Explore all that iTunes offers, process digital photos with iPhoto, make iMovies, and have fun with GarageBand Use Windows on your Mac and transfer Windows files It's a perfect time to join the Mac generation, especially if you're a Windows user who's been thinking of defecting. Macs For Dummies, 10th Edition will get you there, helping you pick peripherals, download freebie programs, set up user accounts, implement security secrets, troubleshoot your Mac, and experience the iLife.

**what can i buy with my bcbs wellness card:** Functional Family Therapy Thomas L. Sexton, 2000

**what can i buy with my bcbs wellness card:** *Working Mother* , 2002-10 The magazine that helps career moms balance their personal and professional lives.

**what can i buy with my bcbs wellness card:** **Guidelines for Perinatal Care** American Academy of Pediatrics, American College of Obstetricians and Gynecologists, 1997 This guide has been developed jointly by the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, and is designed for use by all personnel involved in the care of pregnant women, their fetuses, and their neonates.

**what can i buy with my bcbs wellness card:** *Working Mother* , 2002-10 The magazine that helps career moms balance their personal and professional lives.

**what can i buy with my bcbs wellness card:** *Working Mother* , 2003-10 The magazine that helps career moms balance their personal and professional lives.

**what can i buy with my bcbs wellness card:** DC: 0-5 , 2016-11-01

**what can i buy with my bcbs wellness card:** *How to Thrive in Counseling Private Practice* Anthony Centore, Anthony Centore Ph D, 2016-07-25 Are you looking to start, build or grow a counseling private practice? Are you wanting to get off the ground, open your doors, or build a caseload of clients? Are you confused about networking, marketing, licensing, networking, billing or other practice management issues that you never even heard of when you were in grad school? Are you thinking about converting a successful solo practice into a larger group or agency? In this work, Dr. Anthony Centore (Licensed Counselor, Private Practice Consultant for the American Counseling Association, and CEO of Thriveworks) shares road-tested practice building strategies from his direct, extensive, experience growing a successful chain of mental health counseling practices. A must have resource for anyone getting started, or working to grow, a coaching or counseling practice.

**what can i buy with my bcbs wellness card:** Family Practice Obstetrics Stephen D. Ratcliffe, 2001 Written to assist family physicians and maternity care practitioners in providing comprehensive care for their pregnant patients, this exciting new edition covers all aspects of birth care, from preconception counseling and prenatal care, through labor and delivery (both low-risk and complicated), to postpartum care and the first month of life. It also places special emphasis on presenting the very latest information using an evidence-based approach. The second edition has a new title different from that of the first edition, which was called Handbook of Pregnancy and Perinatal Care in Family Practice. This new second edition is completely updated and revised, and includes the very latest evidence-based data for standards of care. It presents information that is patient-centered, prevention-oriented, and educational and sensitive to the care of the whole woman and her family. There is a new chapter on Commonly Encountered Mental Health Conditions in Pregnancy Includes contributions from 15 of the most highly regarded authorities in family practice obstetrics in the U.S. Provides important, current information on evidence-based care in the useful outline format New title reflects the content of the book and is more direct

**what can i buy with my bcbs wellness card:** **The Benefits of Health Savings Accounts** United States House of Representatives, Committee on Small Business (HOUSE), United States Congress, 2019-12-13 The benefits of health savings accounts : hearing before the Subcommittee on

Workforce, Empowerment & Government Programs of the Committee on Small Business, House of Representatives, One Hundred Eighth Congress, second session, Washington, DC, March 18, 2004.

**what can i buy with my bcbs wellness card: Mikey's Guide** , 2016-01-25 Resource guide for families in Texas with children, teens or adults with disabilities. Contains detailed information about summer camps, adapted sports & recreational activities, special classes, teen & adult programs, private schools & educational resources, technology resources, special needs ministries and more.

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