

BLUE CROSS BLUE SHIELD WELLNESS CARD BALANCE

BLUE CROSS BLUE SHIELD WELLNESS CARD BALANCE: YOUR GUIDE TO CHECKING & UNDERSTANDING

FINDING OUT YOUR BLUE CROSS BLUE SHIELD (BCBS) WELLNESS CARD BALANCE SHOULDN'T BE A PUZZLE. THIS COMPREHENSIVE GUIDE WILL WALK YOU THROUGH EVERY STEP, OFFERING CLEAR INSTRUCTIONS AND VALUABLE INSIGHTS INTO MAXIMIZING YOUR WELLNESS BENEFITS. WE'LL COVER DIFFERENT METHODS FOR CHECKING YOUR BALANCE, EXPLAIN WHAT THE VARIOUS NUMBERS MEAN, AND ADDRESS COMMON QUESTIONS ABOUT YOUR WELLNESS PROGRAM. LET'S DIVE IN AND UNLOCK THE SECRETS TO YOUR HEALTHY REWARDS!

UNDERSTANDING YOUR BCBS WELLNESS CARD: MORE THAN JUST A PLASTIC CARD

BEFORE WE GET INTO CHECKING YOUR BALANCE, LET'S CLARIFY WHAT YOUR BCBS WELLNESS CARD REPRESENTS. IT'S MORE THAN JUST A PIECE OF PLASTIC; IT'S A KEY TO UNLOCKING A RANGE OF HEALTH AND WELLNESS BENEFITS OFFERED BY YOUR BLUE CROSS BLUE SHIELD PLAN. THESE BENEFITS CAN VARY WIDELY DEPENDING ON YOUR SPECIFIC PLAN AND EMPLOYER, BUT OFTEN INCLUDE:

GYM MEMBERSHIPS: SUBSIDIZED OR EVEN FULLY COVERED GYM MEMBERSHIPS.

WELLNESS PROGRAMS: ACCESS TO ONLINE RESOURCES, COACHING, AND HEALTH SCREENINGS.

HEALTH AND WELLNESS DISCOUNTS: REDUCED RATES ON PRODUCTS AND SERVICES RELATED TO HEALTH, FITNESS, AND NUTRITION.

REWARDS FOR HEALTHY HABITS: INCENTIVES FOR COMPLETING HEALTH ASSESSMENTS, ATTENDING WELLNESS EVENTS, OR ACHIEVING FITNESS GOALS.

YOUR CARD BALANCE REFLECTS THE AMOUNT OF MONEY YOU HAVE AVAILABLE TO SPEND ON THESE ELIGIBLE WELLNESS BENEFITS. UNDERSTANDING THIS BALANCE IS CRUCIAL TO MAXIMIZING YOUR PLAN'S VALUE.

HOW TO CHECK YOUR BLUE CROSS BLUE SHIELD WELLNESS CARD BALANCE: MULTIPLE METHODS EXPLAINED

THERE ARE SEVERAL WAYS TO CHECK YOUR BCBS WELLNESS CARD BALANCE, ENSURING CONVENIENCE AND ACCESSIBILITY FOR EVERYONE. HERE'S A BREAKDOWN OF THE MOST COMMON METHODS:

1. **ONLINE ACCOUNT ACCESS:** THIS IS OFTEN THE QUICKEST AND EASIEST METHOD. MOST BCBS PLANS PROVIDE ONLINE MEMBER PORTALS WHERE YOU CAN LOG IN WITH YOUR CREDENTIALS AND VIEW YOUR WELLNESS CARD INFORMATION, INCLUDING YOUR CURRENT BALANCE, TRANSACTION HISTORY, AND AVAILABLE BENEFITS. LOOK FOR A SECTION LABELED "WELLNESS PROGRAM," "HEALTH & WELLNESS," OR SOMETHING SIMILAR. IF YOU DON'T HAVE AN ONLINE ACCOUNT, REGISTERING IS USUALLY A STRAIGHTFORWARD PROCESS.
1. **MOBILE APP:** MANY BCBS PLANS OFFER MOBILE APPS THAT PROVIDE ACCESS TO THE SAME INFORMATION AS THE ONLINE PORTAL. THIS ALLOWS FOR CONVENIENT BALANCE CHECKS ON THE GO. DOWNLOAD THE OFFICIAL BCBS APP FROM YOUR APP STORE (ENSURE YOU'RE DOWNLOADING THE APP FOR YOUR SPECIFIC STATE'S BCBS PLAN).
1. **MEMBER SERVICES HOTLINE:** IF YOU PREFER A PERSONAL TOUCH OR ARE HAVING TROUBLE ACCESSING YOUR ACCOUNT ONLINE, CALL YOUR BCBS MEMBER SERVICES NUMBER. THEY WILL BE ABLE TO VERIFY YOUR IDENTITY AND PROVIDE YOUR

CURRENT WELLNESS CARD BALANCE. BE PREPARED TO PROVIDE YOUR MEMBER ID NUMBER AND OTHER IDENTIFYING INFORMATION.

1. EMPLOYER'S HR DEPARTMENT (IF APPLICABLE): IF YOUR WELLNESS PROGRAM IS PROVIDED THROUGH YOUR EMPLOYER, YOU MAY BE ABLE TO CONTACT YOUR HUMAN RESOURCES DEPARTMENT TO INQUIRE ABOUT YOUR BALANCE.

DECIPHERING YOUR WELLNESS CARD BALANCE: WHAT THE NUMBERS MEAN

ONCE YOU'VE ACCESSED YOUR BALANCE, UNDERSTANDING WHAT THE NUMBERS REPRESENT IS CRUCIAL. YOU MIGHT SEE DIFFERENT FIGURES RELATED TO:

AVAILABLE BALANCE: THIS IS THE AMOUNT OF MONEY YOU HAVE LEFT TO SPEND ON ELIGIBLE WELLNESS PROGRAM BENEFITS.

TOTAL ALLOCATED FUNDS: THIS REPRESENTS THE TOTAL AMOUNT OF MONEY YOUR PLAN HAS ALLOCATED FOR YOUR WELLNESS PROGRAM.

SPENT AMOUNT: THIS SHOWS HOW MUCH YOU'VE ALREADY SPENT ON WELLNESS BENEFITS.

EXPIRATION DATE: SOME WELLNESS PROGRAMS HAVE AN EXPIRATION DATE, MEANING ANY UNUSED FUNDS WILL BE FORFEITED AFTER A CERTAIN PERIOD.

MAXIMIZING YOUR BLUE CROSS BLUE SHIELD WELLNESS BENEFITS

DON'T LET THOSE WELLNESS DOLLARS GO TO WASTE! HERE ARE SOME TIPS FOR MAXIMIZING YOUR BENEFITS:

CHECK YOUR BALANCE REGULARLY: THIS ENSURES YOU'RE AWARE OF HOW MUCH YOU HAVE LEFT AND CAN PLAN ACCORDINGLY.

EXPLORE AVAILABLE BENEFITS: FAMILIARIZE YOURSELF WITH ALL THE PROGRAMS AND SERVICES COVERED BY YOUR WELLNESS CARD.

PLAN YOUR WELLNESS ACTIVITIES: SCHEDULE GYM VISITS, WELLNESS APPOINTMENTS, OR PURCHASES OF ELIGIBLE PRODUCTS.

DON'T FORGET THE EXPIRATION DATE: USE YOUR FUNDS BEFORE THEY EXPIRE TO AVOID LOSING OUT ON VALUABLE BENEFITS.

KEEP YOUR RECEIPTS: IN CASE OF ANY DISCREPANCIES, HAVING RECEIPTS CAN HELP VERIFY YOUR TRANSACTIONS.

CONCLUSION

CHECKING YOUR BLUE CROSS BLUE SHIELD WELLNESS CARD BALANCE IS A CRUCIAL STEP IN TAKING ADVANTAGE OF YOUR HEALTH AND WELLNESS BENEFITS. BY UTILIZING THE METHODS OUTLINED ABOVE AND UNDERSTANDING WHAT THE NUMBERS MEAN, YOU CAN MAKE THE MOST OF YOUR PLAN AND INVEST IN A HEALTHIER LIFESTYLE. REMEMBER TO CHECK YOUR BALANCE REGULARLY AND EXPLORE ALL AVAILABLE OPTIONS TO MAXIMIZE THE VALUE OF YOUR WELLNESS PROGRAM.

FAQs:

1. WHAT HAPPENS IF I DON'T USE MY ENTIRE WELLNESS CARD BALANCE BY THE EXPIRATION DATE? UNUSED FUNDS ARE GENERALLY FORFEITED. CHECK YOUR PLAN DETAILS FOR SPECIFIC INFORMATION ON YOUR PLAN'S POLICY.

1. CAN I USE MY WELLNESS CARD FOR ANY GYM OR WELLNESS PROGRAM? NO. ONLY PARTICIPATING GYMS AND WELLNESS PROGRAMS ARE ELIGIBLE. CHECK YOUR PLAN'S PROVIDER DIRECTORY FOR A LIST OF APPROVED VENDORS.

1. MY BALANCE SHOWS ZERO, BUT I HAVEN'T USED ANY BENEFITS YET. WHAT COULD BE WRONG? CONTACT YOUR BCBS MEMBER SERVICES OR YOUR EMPLOYER'S HR DEPARTMENT TO INVESTIGATE. THERE MIGHT BE AN ISSUE WITH YOUR ACCOUNT OR THE ALLOCATION OF FUNDS.

1. CAN I TRANSFER MY WELLNESS CARD BALANCE TO ANOTHER PERSON? NO, WELLNESS CARD BALANCES ARE GENERALLY NON-TRANSFERABLE.

1. HOW CAN I FIND OUT MORE ABOUT THE SPECIFIC BENEFITS COVERED BY MY WELLNESS CARD? CONSULT YOUR PLAN DOCUMENTS OR CONTACT BCBS MEMBER SERVICES. YOUR PLAN'S WEBSITE MAY ALSO HAVE A DETAILED BENEFITS GUIDE.

📖 **Blue cross blue shield wellness card balance:** *The Wellness Revolution* Paul Zane Pilzer, 2002-03-05 Identifying a future mega-trend for entrepreneurs, marketers, and investors, this book is a step-by-step guide to making a fortune through the wellness industry and its products.

blue cross blue shield wellness card balance: Study Guide for Kinn's Medical Assisting Fundamentals E-Book Brigitte Niedzwiecki, 2021-11-23 Get the review and practice you need to master essential medical assisting skills! Corresponding to the chapters in Kinn's Medical Assisting Fundamentals, 2nd Edition, this study guide offers a wide range of exercises to reinforce your understanding of administrative and clinical competencies. Review questions test your proficiency with subjects such as anatomy and physiology, medical terminology, math basics, and key administrative and clinical concepts. Hands-on activities and competency checklists help you apply your knowledge to patient care. The 2nd edition adds coverage of expanded skills approved in many states. It's all the review and practice you need to succeed in the classroom and begin preparing for a successful and rewarding career as a Medical Assistant. - Review and practice supports educational competencies and certification test plan coverage. - Focus on foundational areas includes a solid review of medical terminology, anatomy and physiology, and basic math calculations. - Vocabulary review, multiple-choice, fill-in-the-blank, and true/false questions test student knowledge and understanding of key concepts. - Skills & Concepts, Word Puzzles, Case Studies, Workplace Applications, and Internet Activities enhance study with application and critical thinking exercises. - Chapter review quizzes assess student comprehension and serve as an excellent review for classroom and certification exams. - Procedure Checklists help students confirm mastery of key administrative and clinical skills. - Work Products provide documentation of key tasks and help in building a skills portfolio. - NEW chapters on intravenous procedures and limited-scope radiography provide coverage of expanded Medical Assisting functions approved in many states. - NEW! Expanded content addresses behavioral health, catheterization procedures, disease states, medical office organization, expanding MA roles, and more.

blue cross blue shield wellness card balance: *Kinn's Medical Assisting Fundamentals - E-Book* Brigitte Niedzwiecki, 2021-10-21 Master the clinical and administrative competencies you need to succeed as a Medical Assistant! Kinn's Medical Assisting Fundamentals, 2nd Edition covers the administrative and clinical knowledge, skills, and procedures that are essential to patient care. A reader-friendly approach and focus on foundational content — including medical terminology, anatomy and physiology, basic math calculations, and soft skills — provide a solid foundation for the key skills and procedures at the heart of Medical Assisting practice. An applied learning approach organizes content around realistic case scenarios. The 2nd edition adds coverage of intravenous procedures, catheterization, and limited-scope radiography to address competencies approved in

many states. This practical text will prepare you to launch a successful Medical Assisting career! - Easy-to-understand writing style is appropriate for all levels of learners in all types of Medical Assisting programs. - Emphasis on foundational content includes in-depth coverage of anatomy and physiology, medical terminology, basic math calculations, and job readiness to build a strong base of knowledge. - Illustrated, step-by-step procedure boxes demonstrate how to perform and document key administrative and clinical skills. - Content supports Medical Assisting certification test plans to help you prepare for board examinations. - Real-world scenario in each chapter presents a situation for you to follow as you read through the material, helping you understand and apply key concepts as they are presented. - Learning features include key terms and definitions, Being Professional boxes, study tips, critical thinking exercises, and review and summary sections, all focusing on developing the soft skills that employers seek when hiring. - Chapter learning tools include terms with definitions, study tips, critical thinking boxes, and review and summary sections. - Medical Terminology boxes highlight chapter-related medical terms to help you learn word parts, pronunciation, and definitions. - Evolve website includes skills videos, chapter quizzes, five practice certification exams, and a portfolio builder. - NEW chapters on intravenous procedures and limited-scope radiography provide coverage of expanded Medical Assisting functions approved in many states. - NEW! Expanded content addresses behavioral health, catheterization procedures, disease states, medical office organization, expanding MA roles, and more.

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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.

blue cross blue shield wellness card balance: Issues Patients Face After Visiting a Provider John Henry Abakah, 2021-07-22 Most patients face issues regarding bill payments, their care or documents after visiting a provider. Payment concerns include disputes about bills and coverage issues. Care-related issues include high prescription prices, medical errors and adverse drug events including false positives and false negative test results. In addition, foreign objects are sometimes left in patients after surgeries, resulting in inflammation, infection and abscess. Equipment issues include faulty devices and equipment such as defibrillators and stents. The Covid-19 pandemic exposed the need for infection control and effective personal protective equipment. Document issues include disputes about getting medical records, itemized statements and claim documents. Security breaches such as hacking and theft often expose patient information to unauthorized use and increase the risk of identity theft and bad credit reports. Solutions include providers adopting strategies to effectively capture data and analyzing them in a holistic manner. Patients should also resolve disputes with the provider instead of ignoring them. Some providers in turn offer financial assistance and payment incentives to patients. Finally, patients should influence local and national health policies and get involved in their state's legislative process.

blue cross blue shield wellness card balance: 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.

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blue cross blue shield wellness card balance: Which Country Has the World's Best Health Care? Ezekiel J. Emanuel, 2020-06-16 The preeminent doctor and bioethicist Ezekiel Emanuel is repeatedly asked one question: Which country has the best healthcare? He set off to find an answer. The US spends more than any other nation, nearly \$4 trillion, on healthcare. Yet, for all that expense, the US is not ranked #1 -- not even close. In Which Country Has the World's Best Healthcare? Ezekiel Emanuel profiles eleven of the world's healthcare systems in pursuit of the best or at least where excellence can be found. Using a unique comparative structure, the book allows

healthcare professionals, patients, and policymakers alike to know which systems perform well, and why, and which face endemic problems. From Taiwan to Germany, Australia to Switzerland, the most inventive healthcare providers tackle a global set of challenges -- in pursuit of the best healthcare in the world.

blue cross blue shield wellness card balance: Crossing the Quality Chasm Institute of Medicine, Committee on Quality of Health Care in America, 2001-07-19 Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. Crossing the Quality Chasm makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems, Crossing the Quality Chasm also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

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blue cross blue shield wellness card balance: Ask a Manager Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

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wireless, and discrete sensors for the specific application domains of healthcare, wellness and environmental sensing. It discusses the social, regulatory, and design considerations specific to these domains. The book provides an application-based approach using real-world examples to illustrate the application of sensor technologies in a practical and experiential manner. The book guides the reader from the formulation of the research question, through the design and validation process, to the deployment and management phase of sensor applications. The processes and examples used in the book are primarily based on research carried out by Intel or joint academic research programs. "Sensor Technologies: Healthcare, Wellness and Environmental Applications provides an extensive overview of sensing technologies and their applications in healthcare, wellness, and environmental monitoring. From sensor hardware to system applications and case studies, this book gives readers an in-depth understanding of the technologies and how they can be applied. I would highly recommend it to students or researchers who are interested in wireless sensing technologies and the associated applications." Dr. Benny Lo Lecturer, The Hamlyn Centre, Imperial College of London "This timely addition to the literature on sensors covers the broad complexity of sensing, sensor types, and the vast range of existing and emerging applications in a very clearly written and accessible manner. It is particularly good at capturing the exciting possibilities that will occur as sensor networks merge with cloud-based 'big data' analytics to provide a host of new applications that will impact directly on the individual in ways we cannot fully predict at present. It really brings this home through the use of carefully chosen case studies that bring the overwhelming concept of 'big data' down to the personal level of individual life and health." Dermot Diamond Director, National Centre for Sensor Research, Principal Investigator, CLARITY Centre for Sensor Web Technologies, Dublin City University Sensor Technologies: Healthcare, Wellness and Environmental Applications takes the reader on an end-to-end journey of sensor technologies, covering the fundamentals from an engineering perspective, introducing how the data gleaned can be both processed and visualized, in addition to offering exemplar case studies in a number of application domains. It is a must-read for those studying any undergraduate course that involves sensor technologies. It also provides a thorough foundation for those involved in the research and development of applied sensor systems. I highly recommend it to any engineer who wishes to broaden their knowledge in this area! Chris Nugent Professor of Biomedical Engineering, University of Ulster

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blue cross blue shield wellness card balance: The Health Effects of Cannabis and Cannabinoids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have

legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The Health Effects of Cannabis and Cannabinoids provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

blue cross blue shield wellness card balance: Advancing the Science of Cancer in Latinos Amelie G. Ramirez, Edward J. Trapido, 2019-11-21 This open access book gives an overview of the sessions, panel discussions, and outcomes of the Advancing the Science of Cancer in Latinos conference, held in February 2018 in San Antonio, Texas, USA, and hosted by the Mays Cancer Center and the Institute for Health Promotion Research at UT Health San Antonio. Latinos – the largest, youngest, and fastest-growing minority group in the United States – are expected to face a 142% rise in cancer cases in coming years. Although there has been substantial advancement in cancer prevention, screening, diagnosis, and treatment over the past few decades, addressing Latino cancer health disparities has not nearly kept pace with progress. The diverse and dynamic group of speakers and panelists brought together at the Advancing the Science of Cancer in Latinos conference provided in-depth insights as well as progress and actionable goals for Latino-focused basic science research, clinical best practices, community interventions, and what can be done by way of prevention, screening, diagnosis, and treatment of cancer in Latinos. These insights have been translated into the chapters included in this compendium; the chapters summarize the presentations and include current knowledge in the specific topic areas, identified gaps, and top priority areas for future cancer research in Latinos. Topics included among the chapters: Colorectal cancer disparities in Latinos: Genes vs. Environment Breast cancer risk and mortality in women of Latin American origin Differential cancer risk in Latinos: The role of diet Overcoming barriers for Latinos on cancer clinical trials Es tiempo: Engaging Latinas in cervical cancer research Emerging policies in U.S. health care Advancing the Science of Cancer in Latinos proves to be an indispensable resource offering key insights into actionable targets for basic science research, suggestions for clinical best practices and community interventions, and novel strategies and advocacy opportunities to reduce health disparities in Latino communities. It will find an engaged audience among researchers, academics, physicians and other healthcare professionals, patient advocates, students, and others with an interest in the broad field of Latino cancer.

blue cross blue shield wellness card balance: Working Mother , 2002-10 The magazine that helps career moms balance their personal and professional lives.

blue cross blue shield wellness card balance: FASTER Way to Fat Loss Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter The FASTER Way to Fat Loss, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat

and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

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blue cross blue shield wellness card balance: TIP 35: Enhancing Motivation for Change in Substance Use Disorder Treatment (Updated 2019) U.S. Department of Health and Human Services, 2019-11-19 Motivation is key to substance use behavior change. Counselors can support clients' movement toward positive changes in their substance use by identifying and enhancing motivation that already exists. Motivational approaches are based on the principles of person-centered counseling. Counselors' use of empathy, not authority and power, is key to enhancing clients' motivation to change. Clients are experts in their own recovery from SUDs. Counselors should engage them in collaborative partnerships. Ambivalence about change is normal. Resistance to change is an expression of ambivalence about change, not a client trait or characteristic. Confrontational approaches increase client resistance and discord in the counseling relationship. Motivational approaches explore ambivalence in a nonjudgmental and compassionate way.

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blue cross blue shield wellness card balance: Reinvent the Wheel Megan McNealy, 2019-11-28 The secret sauce of Reinvent the Wheel is a simple, yet powerful image, the Well Being Wheel, created by the author to reinforce her revolutionary process for achieving total well-being. Created to restore her own well-being and turbo-charge her success, The Well Being Wheel is used by thousands of business high-achievers as a tool for optimizing their health, happiness and work performance. Each succinct chapter highlights a spoke of the Wheel: 6 for BODY, 6 for MIND and 6 for SPIRIT along with instructions to readers for customizing the 18 spokes for themselves. Exclusive interviews and original content from well-being fueled Exceptional Executives, including John Mackey, CEO of Whole Foods Market, and Kevin Johnson, CEO and President of Starbucks, who excel at a specific spoke of the wheel, reinforce the concepts and inspire readers. These extraordinary business leaders offer a fascinating look into the daily habits and strategies that fuel their lives, and in doing so, prove that well-being does drive success.

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Sexton, 2000

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