

blue cross blue shield wellness program

Blue Cross Blue Shield Wellness Program: Your Guide to a Healthier, Happier You

Are you a Blue Cross Blue Shield (BCBS) member looking to improve your health and well-being? Are you curious about the benefits and resources your plan offers beyond just medical coverage? Then you've come to the right place! This comprehensive guide dives deep into the Blue Cross Blue Shield wellness program, exploring its various components, benefits, and how to maximize your participation for a healthier, happier you. We'll cover everything from preventative care to digital tools, ensuring you understand the full potential of your wellness investment.

Understanding Your Blue Cross Blue Shield Wellness Program Benefits

The specifics of your Blue Cross Blue Shield wellness program will depend on your specific plan and location. However, most plans incorporate a range of initiatives designed to promote proactive health management. These programs aren't just about avoiding illness; they're about building a foundation for a healthier lifestyle. Think of it as an investment in your long-term well-being, and one that can often lead to significant cost savings in the long run.

Key Components of a Typical BCBS Wellness Program:

Preventive Care: This is often the cornerstone of any good wellness program. BCBS typically covers preventive services like annual checkups, screenings (cancer screenings, cholesterol checks, etc.), and vaccinations at little to no cost to you. Taking advantage of these services is crucial for early detection of potential health issues and promoting overall wellness. Don't overlook these free or low-cost opportunities!

Health Coaching: Many BCBS plans offer access to health coaches, either via phone or online platforms. These coaches provide personalized guidance and support to help you achieve your health goals. They can help with everything from weight management and nutrition to stress reduction and smoking cessation. Don't hesitate to utilize this valuable resource; they're there to help you succeed.

Digital Wellness Tools & Apps: BCBS often partners with companies to provide members with access to digital tools and apps designed to track your activity, nutrition, and sleep. These tools can be incredibly helpful in monitoring your progress and staying motivated. Many plans offer incentives for consistent engagement with these apps.

Fitness and Wellness Discounts: Some plans offer discounts on gym memberships, fitness classes, or wellness products. This can be a great way to encourage regular physical activity and support your health goals without breaking the bank. Check your plan's specific benefits to see what discounts are available to you.

Incentive Programs: BCBS often incorporates reward programs to incentivize healthy behaviors. These can range from gift cards to lower premiums. By actively participating in the program, you could receive significant financial benefits while improving your health.

How to Maximize Your Blue Cross Blue Shield Wellness Program

Getting the most out of your BCBS wellness program requires active participation. Here's how:

1. **Understand Your Plan:** Review your plan documents carefully to fully understand the specifics of your wellness program. Note any deadlines for participating in certain initiatives or claiming rewards.
1. **Schedule Preventative Care:** Don't delay! Schedule your annual checkups and screenings. Early detection is key to managing and preventing many health issues.
1. **Utilize Health Coaching:** If your plan offers health coaching, take advantage of it! A personalized approach can make a huge difference in achieving your goals.
1. **Engage with Digital Tools:** Download and use the provided apps. Tracking your progress and setting goals can be a powerful motivator.
1. **Participate in Incentive Programs:** Take advantage of any incentive programs offered. These rewards can be a great motivator and offer tangible benefits for your proactive health efforts.
1. **Communicate with Your Provider:** Don't hesitate to contact your BCBS representative or provider if you have questions about your wellness program or need clarification on any aspect of your coverage.

Beyond the Basics: Additional Wellness Resources

While your BCBS wellness program offers a solid foundation, remember that true wellness encompasses more than just physical health. Consider incorporating other healthy habits into your lifestyle, such as:

Mindfulness and Stress Management: Practice mindfulness techniques like meditation or yoga to manage stress and improve mental well-being.

Healthy Diet: Focus on a balanced diet rich in fruits, vegetables, and whole grains.

Regular Exercise: Incorporate regular physical activity into your routine. Even moderate exercise can make a significant difference.

Sufficient Sleep: Prioritize getting enough sleep each night. Adequate sleep is essential for both physical and mental health.

Strong Social Connections: Nurture your relationships with family and friends. Strong social connections are vital for overall well-being.

Conclusion:

Your Blue Cross Blue Shield wellness program is a valuable resource designed to help you achieve a healthier, happier life. By actively engaging with the program and incorporating healthy habits into your daily routine, you can significantly improve your well-being and potentially save money in the long run. Don't let this valuable benefit go unused – take control of your health and start reaping the rewards today!

Frequently Asked Questions (FAQs):

1. How do I access my Blue Cross Blue Shield wellness program? The access method varies by plan. Check your plan documents, member portal, or contact BCBS customer service for instructions.
1. What happens if I miss a deadline for an incentive program? Contact your BCBS representative immediately. They may be able to offer alternative options or extensions depending on the circumstances.
1. Are all Blue Cross Blue Shield wellness programs the same? No, programs vary based on your specific plan and location. Review your plan details carefully.
1. Can I use my wellness program benefits outside of my network? This depends on your specific plan. Check your plan's out-of-network coverage details.
1. My wellness program isn't working for me. What should I do? Reach out to your health coach or BCBS customer service. They can offer advice and potentially adjust your plan.

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blue cross blue shield wellness program: *The Right Medicine* David Cundiff, Mary Ellen McCarthy, 2012-12-06 When Dr. David Cundiff called me with a proposal to help research and write *The Right Medicine* I was intrigued but skeptical. His ideas for reform of the US health care system were visionary, radical, and highly original-but would they work? As a Wall Street analyst and long-time student of the health care system, I had my doubts. I had read David's book on hospice care, *Euthanasia Is Not the Answer*, and was impressed. And I had recently witnessed the slow death of my grandmother from the complications of Alzheimer's disease. Despite the fact that she was and had been suffering for years and despite the fact that her care was an extraordinary emotional and financial burden, nursing home administrators and physicians encouraged one last ditch treatment after another, pulling her back each time from the brink of what would have been a merciful death. I knew that David was correct in his contention that hospice care and a more sparing application of high technology medicine were major keys to improving health care. I also realized, after a decade of analyzing the health care industry, that a government-funded system along the lines of Canada's was probably the only way to rein in rampant inflation and provide universal coverage. But David had other ideas, too. He argued that preventive care could dramatically cut both the incidence and costs associated with the most common causes of illness in America today.

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how to engage them in their work and retain them longer than the competition. Every manager knows ... engaged and committed employees are proud to work for their employer and are dedicated to the organisation and willing to give the extra effort necessary to achieve the goals of the enterprise. 50 Plus One Tips to Attract, Engage and Retain Top Talent provides different approaches to engage your employees. This book will serve as a blueprint for the creation, or re-creation, of your desired place to work by attracting, engaging, and retaining your company's top talent

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Mandated Benefits 2014 Compliance Guide is a comprehensive and practical reference manual covering key federal regulatory issues that must be addressed by human resources managers, benefits specialists, and company executives in all industries. Mandated Benefits 2014 Compliance Guide includes in-depth coverage of these and other major federal regulations: Patient Protection and Affordable Care Act (PPACA) Health Information Technology for Economic and Clinical Health (HITECH) Act Mental Health Parity and Addiction Equity Act (MHPAEA) Genetic Information Nondiscrimination Act (GINA) Americans with Disabilities Act (ADA) Employee Retirement Income Security Act (ERISA) Health Insurance Portability and Accountability Act (HIPAA) Heroes Earnings Assistance and Relief Tax Act (HEART Act) Consolidated Omnibus Budget Reconciliation Act (COBRA) Mandated Benefits 2014 Compliance Guide helps take the guesswork out of managing employee benefits and human resources by clearly and concisely describing the essential requirements and administrative processes necessary to comply with each regulation. It offers suggestions for protecting employers against the most common litigation threats and recommendations for handling various types of employee problems. Throughout the Guide are numerous exhibits, useful checklists and forms, and do's and don'ts. A list of HR audit questions at the beginning of each chapter serves as an aid in evaluating your company's level of regulatory compliance. The Mandated Benefits 2014 Compliance Guide has been updated to include: Updated best practices for organizing the human resources department Information on Federal Insurance Contributions Act (FICA) and severance pay New regulations and guidelines for health care reform as mandated by the Patient Protection and Affordable Care Act (PPACA) New information on de-identified protected health information (PHI) and the effect of the omnibus final rules on business associates and notification requirements in case of a breach of PHI Information on the revised model election notice as required under PPACA A completely revised section on the final rules implementing HIPAA's nondiscrimination requirements for wellness programs and updated information on providing employee benefits to legally married same-sex couples based on the Supreme Court's decision in *United States v. Windsor* A new section on the ADA's direct threat provisions Updated information on caregiver leave under military family leave and survey data regarding the FMLA's impact Updated information on completing the newest Form I-9 and the E-Verify system The OFCCP's final rules for developing and implementing AAPs for veterans and individuals with disabilities and new policy directive for compensation compliance evaluations A new section on bring your own device to work and its impact on employee privacy Information on the final rule revising the hazard communication standard, and the requirements for safety data sheets, which will replace material safety data sheets New information on medical marijuana in the workplace

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insights into balancing the healthcare and retail demands of wellness centers, Joan Whaley Gallup reviews every step of the planning and development process, addressing project assessment, financing, programming, and marketing. She draws on her extensive expertise in creating wellness centers to cover a full range of development and design considerations, including design guidelines for lobby/waiting areas, clinical space, administrative areas, pools, saunas, and indoor gardens. Finally, an inspiring project portfolio profiles an impressive roster of successful wellness centers from around the world. With useful information on code compliance, plus floor plans, schematic designs, and more, this book is a vital professional resource for anyone involved in wellness center design, planning, or management. The wellness center is the most positive, nurturing, life-affirming building type ever to evolve in the history of healthcare facilities design. . . . By turning inside out the trends of past centuries, we can now focus on wellness. We can create buildings that will nurture and sustain us, healing environments that will serve to support happy, life-enhancing activities. Centers for wellness are centers for life.-from the Preface The first book of its kind, Wellness Centers offers design professionals and others complete cutting-edge coverage of these complex new facilities, from planning and development issues to design guidelines and case examples of successful wellness centers from around the world. Written by an architect with extensive experience in the field, this book provides a firm foundation in wellness center design, planning, and management-essential reading for anyone involved in this rapidly growing area of healthcare design.

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Kenneth H. Cooper, 2013-12-04 From the medical authority, whose previous bestsellers (Aerobics, The New Aerobics, The Aerobics Way, and Aerobics for Women) have sold more than 12 million copies, comes an exciting, new and comprehensive concept for total fitness. . . . Millions have benefited from Dr. Cooper's famous aerobic exercise programs. He has revolutionized the way Americans get in shape and stay in shape. Now, he presents a complete program for total well-being—physically, nutritionally, emotionally. Discover for yourself why it is the most effective, enjoyable and medically sound approach to a lifetime of energy and good health. A program designed to bring physical and emotional health and vitality to every area of your life, including: • the 7 benefits of integrated aerobic exercise, including reduced risk of heart disease • the 4 types of exercise that have been most radically re-evaluated in terms of aerobic exercise • the 3 dozen ways to stay fit, and the 4 steps to making it fun • 3 complete weeks of nutritious menus • guidelines for the 22 components of a comprehensive medical exam, so you can work with your doctor to evaluate your level of fitness • plus, the aerobics way to diminish physical and emotional stress, enhance your sex life, and more

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medicine, nursing, clinical care, software engineering, finance, business, library science, data science, or caregiving. Common questions we hear from our students that may be similar to questions among readers include: 'what jobs are out there?', 'what can I do with this degree?' or 'what does a health informatics specialist do?' This book aims to answer some of these questions with a look into a day in the life of people working in this field. The book examines career options, roles, and skill sets important in health informatics across 6 related industries. We want readers to realize that their skills and interests can apply in many areas of the field, not exclusively hospitals. This book highlights 6 unique work segments (hospital systems, long term care, health IT / consumer health organizations, government, consulting, and payer / insurance companies) into which readers may look to expand their career opportunities. The hope is that this book will provide insight into career opportunities students and professionals may be qualified for, and interested in, but simply not aware of. Hiring managers and human resource professionals across the stakeholder groups across the stakeholder groups may also find the book helpful in learning about other roles that may benefit their organizations.

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success - in any economy, in any era. But it can be done. The personal stories in this volume remind us of what is possible when you combine an inspired business idea with faith and tenacity. It's the right book at the right time - it's time to resurrect The American Dream.

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Tax Act (HEART Act) Consolidated Omnibus Budget Reconciliation Act (COBRA) Mandated Benefits 2016 Compliance Guide helps take the guesswork out of managing employee benefits and human resources by clearly and concisely describing the essential requirements and administrative processes necessary to comply with each regulation. It offers suggestions for protecting employers against the most common litigation threats and recommendations for handling various types of employee problems. Throughout the Guide are numerous exhibits, useful checklists and forms, and do's and don'ts. A list of HR audit questions at the beginning of each chapter serves as an aid in evaluating your company's level of regulatory compliance. Mandated Benefits 2016 Compliance Guide has been updated to include: The latest trends in successful Ethics and Compliance Programs Information on the Department of Labor (DOL) proposed changes to the FLSA white collar exemptions The latest DOL guidelines on the determination of independent contractor status The new regulations and guidelines for health care reform as mandated by the Patient Protection and Affordable Care Act (PPACA), specifically updates and new information on Summary of Benefits and Coverage (SBC); limits on cost-sharing; the employer shared responsibility (pay or play) requirements, information reporting--Forms 1094 and 1095 SHOP--the small group market of the health care marketplace; and the so-called Cadillac Tax--the 40 percent excise tax on high cost health plans The major revisions to excepted benefits under the Health Insurance Portability and Accountability Act (HIPAA), including limited wraparound benefits, EAPs, non-coordinated excepted benefits, and supplemental excepted benefits The reinstated Trade Adjustment Assistance (TAA) Information on the proposed definition of fiduciary and the Supreme Court's first ever ruling on fiduciary standards Expanded information about joint employer relationships An expanded section describing the employment application process; information about the status of the Deferred Action for Parents of Americans and Lawful Permanent Residents (DAPA); and proposed changes to E-Verify New material on proposed sex discrimination guidelines And much more

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both formal and informal rewards; individual and group rewards; and special events, incentives, and contests.

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blue cross blue shield wellness program: 1501 Ways to Reward Employees Bob B. Nelson, 2012-03-27 Today more than ever, businesses need fresh ideas to nurture talent and retain employees—enter 1,501 Ways to Reward Employees, thoroughly revised, updated, and even more chockablock with ideas than 1,001 Ways to Reward Employees, the groundbreaking national bestseller. Adapted to meet the needs of an evolving workplace—especially to deal creatively with virtual employees, freelancers and permalancers, international colleagues, and the rule-bending expectations of millennials—its 1,501 low-and no-cost rewards and strategies are drawn from thousands of companies across the globe. Ideas range from the informal (Wells Fargo's thank-you e-cards) and the offbeat (JS Communications two free "I Don't Want to Get Out of Bed" Days) to the formal (J. C. Penney "affirms" new managers in a moving ceremony) to the totally nutty (the legendary honor of having your office "sodded"—literally, grassed over—at Microsoft). For bosses, managers, entrepreneurs, small-business owners, consultants—anyone who's responsible for working successfully in an ever-tougher economy—this is the rewards bible.

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blue cross blue shield wellness program: Foundation for Integrating Employee Health Activities for Active Duty Personnel in the Department of Defense Gary Cecchine, 2009 If the Department of Defense (DoD) moves toward a more integrated employee health system, a foundation of information about the current system and requisite elements for such integration will be needed. The authors reviewed the research literature and DoD policy documents and interviewed DoD personnel to make several observations about the current state of safety and occupational health (SOH) arrangements in DoD. Currently, SOH policy cuts across several organizations at high levels in the Office of the Secretary of Defense, and SOH programs are implemented by each of the military services. Recently, leadership attention has focused on safety, mostly apart from occupational health, as a separate priority. DoD and the services have made efforts to increase coordination, including both high-level formal councils and through informal relationships among SOH practitioners. Health promotion and wellness have received considerable attention within DoD through periodic health assessments and educational programs, yet these areas have not benefited from the same increased coordination. As DoD contemplates a more integrated approach, the authors considered what DoD might learn from civilian experience with integrating employee health activities. To address this, the authors reviewed civilian models of integration to identify promising approaches and practices that might inform DoD efforts. The review of activities related to employee health in DoD -- including industrial hygiene, safety, health promotion and wellness, occupational health, and its relatively mature health information technology infrastructure -- indicates that there might be little need for DoD to introduce new programs but more need to make use of the information generated by the existing programs in a more coordinated, integrated manner. --

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