

blue cross wellness program

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

Are you enrolled in a Blue Cross Blue Shield plan and feeling overwhelmed by the sheer number of wellness programs available? Do you wonder if these programs are actually worth your time and effort? You're not alone! Navigating the world of health and wellness can be confusing, especially when faced with a range of options. This comprehensive guide will delve into the specifics of Blue Cross wellness programs, breaking down what they offer, how they can benefit you, and how to maximize your participation. We'll cover everything from finding the right program for your needs to understanding the potential savings and improved health outcomes. Get ready to unlock the full potential of your Blue Cross wellness benefits!

Understanding Your Blue Cross Wellness Program Options

The beauty of Blue Cross Blue Shield is that their wellness programs aren't one-size-fits-all. The specific offerings vary depending on your plan, your employer, and your location. However, many common threads run through most Blue Cross wellness initiatives. These typically include:

Preventive Care: This is often the cornerstone of most programs and usually covers things like annual physicals, vaccinations, and screenings (blood pressure, cholesterol, etc.). These are crucial for early detection of potential health problems and proactive management of your overall well-being. Blue Cross often emphasizes preventative care because it's a cost-effective way to reduce future healthcare expenses.

Health Coaching: Many Blue Cross plans offer access to health coaches – certified professionals who can provide personalized guidance and support on your health journey. These coaches can help you set realistic goals, develop healthy habits, and overcome obstacles. They're a great resource for those who need extra motivation or personalized advice.

Digital Wellness Tools: In today's digital age, Blue Cross leverages technology to support your wellness goals. This often includes access to mobile apps that track your activity, diet, and sleep, providing valuable insights into your lifestyle. Some programs even incorporate wearable device integration for a more seamless experience.

Incentive Programs: To encourage participation, many Blue Cross wellness programs offer incentives, such as gift cards, discounts on gym memberships, or even lower premiums. These rewards can be a powerful motivator to stay engaged and committed to your health goals. It's crucial to check your specific plan details to understand the available incentives.

Telehealth Services: Access to virtual doctor visits and mental health support is becoming increasingly common in Blue Cross wellness programs. This is especially convenient for those with busy schedules or limited access to in-person healthcare.

Finding the Right Blue Cross Wellness Program for You

The key to maximizing the benefits of your Blue Cross wellness program is finding the one that best aligns with your individual needs and preferences. Here's a step-by-step approach:

1. **Check Your Plan Documents:** The first place to start is your benefits booklet or your employer's wellness program information. This will outline the specific programs available to you.
1. **Review the Website:** Blue Cross Blue Shield's website typically provides a detailed overview of their wellness programs. Look for sections on wellness, health resources, or member benefits.
1. **Contact Member Services:** If you have any questions or need clarification, don't hesitate to reach out to Blue Cross member services. They can provide personalized guidance and answer your specific questions.
1. **Assess Your Needs:** Before enrolling in a program, take stock of your health goals. Are you looking to lose weight? Improve your sleep? Manage stress? Choosing a program that aligns with your priorities will increase your chances of success.
1. **Consider Your Lifestyle:** Choose a program that fits seamlessly into your lifestyle. If you're always on the go, a digital wellness app might be more convenient than in-person health coaching.

Maximizing Your Blue Cross Wellness Program Benefits

Once you've chosen a program, here's how to maximize its effectiveness:

Set Realistic Goals: Don't try to do too much too soon. Set small, achievable goals that you can build upon over time.

Track Your Progress: Regularly monitor your progress to stay motivated and identify areas where you need adjustments.

Stay Consistent: Consistency is key to achieving lasting results. Make your wellness program a part of your daily routine.

Utilize All Resources: Take advantage of all the resources available to you, including health coaching, digital tools, and incentive programs.

Don't Be Afraid to Ask for Help: If you're struggling, don't hesitate to reach out to your health coach or Blue Cross member services for support.

The Financial and Health Benefits of Participation

Participating actively in your Blue Cross wellness program offers substantial rewards, both financially and in terms of your overall health. You could see lower premiums, reduced healthcare costs due to preventative care, and improved overall well-being. The potential for improved health outcomes translates to a better quality of life, increased energy levels, and a reduced risk of chronic diseases.

Conclusion

Your Blue Cross wellness program is a valuable resource that can significantly impact your health and well-being. By understanding your options, choosing the right program, and actively participating, you can unlock a healthier, happier future. Take the time to explore your benefits and start your journey towards a healthier you today!

Frequently Asked Questions (FAQs)

1. Do all Blue Cross Blue Shield plans offer wellness programs?

Not all plans offer the exact same programs, but most include some form of wellness initiatives. The specific offerings depend on your plan type and your employer's participation.

1. How do I access my Blue Cross wellness program?

The access method varies. Some programs are accessed through the Blue Cross website, while others might involve a separate app or require contact with your employer's wellness coordinator. Check your plan documents for details.

1. What if I don't have access to a computer or smartphone?

Blue Cross often provides alternative methods of participation, such as phone-based support or printed materials. Contact member services to inquire about accessible options.

1. Are there any penalties for not participating in the wellness program?

While most programs are voluntary, some employers may offer incentives or adjust premiums based on participation. Check your specific plan's details to understand any potential implications.

1. Can I switch wellness programs within my Blue Cross plan?

Depending on your plan and the availability of programs, it might be possible to switch. Contact member services to discuss your options.

blue cross wellness program: Corporate Wellness Programs Ronald J. Burke, Astrid M. Richardsen, 2014-11-28 *Corporate Wellness Programs* offers contributions from international experts, examining the planning, implementation and evaluation of wellness initiatives in organizations, and offering guidance on how to introduce these programs in to the workplace.

blue cross wellness program: Marketing for Health and Wellness Programs James Busbin, Donald Self, 2013-01-11 Learn useful strategies for marketing health and wellness programs. This important new book presents a cross-section of current research and commentary on wellness and prevention issues. The 17 authors--representing 11 different institutions--are some of the most active health care consultants in the academic community. They discuss studies for hospital based programs, workplace programs, and governmental and educational institutions. Important marketing concepts are used to segment the work into several sections. Included are chapters which help to define the actual product lines which should be grouped into wellness and prevention programs, studies that define several important market segments, and chapters on channels of distribution. This timely volume concludes with an analysis of current research efforts and directions for future research. *Marketing for Health and Wellness Programs* is essential reading for hospital administrators, faculty physicians at teaching hospitals, public health professors, government health service administration employees, corporate managers and personnel administrators, insurance industry managers, independent health and wellness consultants, and staff members of health trade publications.

blue cross wellness program: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

blue cross wellness program: The Rotarian, 1985-08 Established in 1911, *The Rotarian* is the official magazine of Rotary International and is circulated worldwide. Each issue contains feature articles, columns, and departments about, or of interest to, Rotarians. Seventeen Nobel Prize

winners and 19 Pulitzer Prize winners – from Mahatma Ghandi to Kurt Vonnegut Jr. – have written for the magazine.

blue cross 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.

blue cross wellness program: Attract, Engage and Retain Top Talent Donna De St. Aubin, Brian J. Carlsen, 2008-10 An organisation with a superior employment brand is one whose leadership and workforce behaviours match the company brand. Translation: the value proposition for the business is reflected in the actions of the employees at all levels of the organisation. Even for organisations that know how to attract the right talent, the challenge turns to 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

blue cross wellness program: *Worksite Wellness* David W. Jensen, 1987

blue cross wellness program: Mandated Benefits Balser Group, 2013-12-17 *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

blue cross wellness program: *Safety, Loss Control, and Risk Management* , 1989

blue cross wellness program: *The Way We Work [2 volumes]* Regina Fazio Maruca, 2007-12-30 From corner office to 24/7, the world of work has permeated every facet of our culture. *The Way We Work* explores in over 150 A-Z entries, the origins and impact of the concepts, ideas, fads and themes have become part of the business vernacular, shedding light on the dynamic ways in which business and society both influence and reflect each other. Assessing the evolving business environment in the context of technology development, globalization, and workplace diversity, *The Way We Work* covers the gamut of business-related topics, including Crisis Management, Outsourcing, and Whistleblowing, as well as popular subjects, such as Casual Friday, Feng Shui, and Napster.

blue cross wellness program: Smartphone Apps for Health and Wellness John Higgins, Mathew Morico, 2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users' goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. - Summarizes smartphone apps with the best evidence to improve health and wellness - Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs - Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

blue cross wellness program: *Wellness Centers* Joan Whaley Gallup, 1999-04-26 Bringing together the best aspects of ambulatory care, complementary medicine, and fitness clubs under one roof, wellness centers are poised to become an essential vehicle of healthcare delivery for the 21st century. Although wellness-based programs have been instituted by nearly every hospital system in North America, very little has been published on this rapidly emerging building type. *Wellness Centers* enables design professionals and others to understand the fitness and healthcare requirements of these facilities, and to address them effectively in their work. Providing essential 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.

blue cross wellness program: The Risk Takers Renee Martin, Don Martin, 2010-04-06 The Risk Takers is about ordinary people, all with good ideas, who faced daunting challenges, but took a leap of faith and started their own business. The book tells the stories of the personal and professional journeys of sixteen fascinating men and women who built hugely successful, multimillion dollar companies. They started with very little, opted to strike out on their own, and struggled with disappointment and failure. Yet, they overcame adversity and through persistence and resiliency determined their own destiny. You'll meet the founders of companies familiar to most Americans: Geek Squad, Curves, Liz Lange Maternity, Kinko's, Paul Mitchell, Spanx, Amy's Kitchen, along with nine others. Don and Renee Martin, successful entrepreneurs in their own right, personally interviewed these men and women whose inspiring stories demonstrate it's never been easy to start your own business and navigate it through all the inevitable storms to ultimate success—in any economy, in any era. But 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.

blue cross wellness program: Employee Health Promotion and Disease Prevention Act of 1987 United States. Congress. Senate. Committee on Labor and Human Resources, 1987

blue cross 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. -- provided by publisher.

blue cross wellness program: Current Awareness in Health Education , 1983-03

blue cross wellness program: Worksite Wellness , 1998

blue cross wellness program: Plunkett's Health Care Industry Almanac Jack W. Plunkett,

2008-10 This acclaimed and popular text is the only complete market research guide to the American health care industry--a tool for strategic planning, competitive intelligence, employment searches or financial research. Covers national health expenditures, technologies, patient populations, research, Medicare, Medicaid, managed care. Contains trends, statistical tables and an in-depth glossary. Features in-depth profiles of the 500 major firms in all health industry sectors.

blue cross wellness program: The Sociology of Health and Illness Peter Conrad, 2005 This collection of 49 readings offers an integrated analysis of the most important issues regarding health and health care from a critical and sociological perspective. Substantive introductions provide context for the readings. With ten new and two revised essays, the Seventh Edition contains more coverage of key areas such as alternative medicine, the pharmaceutical industry, and the relationship between healthcare and politics.

blue cross wellness program: Aerobics Program For Total Well-Being 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

blue cross wellness program: Access to Health Care for the Elderly United States. Congress. Senate. Committee on Labor and Human Resources. Subcommittee on Aging, 1992

blue cross wellness program: Why Nobody Believes the Numbers Al Lewis, 2012-06-11 Why Nobody Believes the Numbers introduces a unique viewpoint to population health outcomes measurement: Results/ROIs should be presented as they are, not as we wish they would be. This viewpoint contrasts sharply with vendor/promoter/consultant claims along two very important dimensions: (1) Why Nobody Believes presents outcomes/ROIs achievable right here on this very planet... (2) ...calculated using actual data rather than controlled substances. Indeed, nowhere in healthcare is it possible to find such sharply contrasting worldviews, methodologies, and grips on reality. Why Nobody Believes the Numbers includes 12 case studies of vendors, carriers, and consultants who were apparently playing hooky the day their teacher covered fifth-grade math, as told by an author whose argument style can be so persuasive that he was once able to convince a resort to sell him a timeshare. The book's lesson: no need to believe what your vendor tells you -- instead you can estimate your own savings using "ingredients you already have in your kitchen." Don't be intimidated just because you lack a PhD in biostatistics, or even a Masters, Bachelor's, high-school equivalency diploma or up-to-date inspection sticker. Why Nobody Believes the Numbers explains how to determine if the ROIs are real...and why they usually aren't. You'll learn how to: Figure out whether you are moving the needle or just crediting a program with changes that would have happened anyway Judge whether the ROIs your vendors report are plausible or even arithmetically possible Synthesize all these insights into RFPs and contracts that truly hold vendors accountable for results

blue cross wellness program: Miscellaneous revenue issues United States. Congress. House. Committee on Ways and Means. Subcommittee on Select Revenue Measures, 1990

blue cross wellness program: Medicaid Program Investigation United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Oversight and Investigations, 1992

blue cross wellness program: A Fatal Embrace? Frank W. Heuberger, Laura L. Nash, As

business practices increasingly move to humanize the workplace, boundaries between private and public life are undergoing redefinition. Nowhere in contemporary business are the boundaries shifting more rapidly than in the area of human resource services. In the past decade, the growth of corporate programs to address social needs among employees has been explosive. *A Fatal Embrace?* defines reasons for this phenomenon, which has become a significant trend in professional management in Western societies. *A Fatal Embrace?* is directed at the current proliferation of personal development programs to improve and spur growth in employees' capabilities. Such services include health benefits, family-care arrangements, employee assistance programs, and leadership training. This trend reflects an underlying assumption that the corporation is responsible for promoting a symbiosis of person and economics. By helping employees become healthier, more relaxed, and more creative, the corporation develops stronger economic performers. *A Fatal Embrace?* will serve as a catalyst for further research and analysis in the area of human resource programs and is an important book to be read by economists, sociologists, and professionals in business and management.

blue cross wellness program: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs *Workplace Wellness That Works* provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? *Workplace Wellness That Works* shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, *Workplace Wellness That Works* skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

blue cross wellness program: Related agencies United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 1991

blue cross wellness program: Extension Review , 1985

blue cross wellness program: Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 1992 United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 1991

blue cross wellness program: Extension Service Review United States. Federal Extension Service, 1986

blue cross wellness program: Examining Innovative Health Insurance Options for Workers and Employers United States. Congress. House. Committee on Education and the Workforce. Subcommittee on Employer-Employee Relations, 2004

blue cross wellness program: Under the Influence? National Research Council/Institute of Medicine, Division of Behavioral and Social Sciences and Education, Commission on Behavioral and Social Sciences and Education, Committee on Drug Use in the Workplace, 1994-02-01 Drug use in

the workplace, its effect on performance and safety, and the role of workplace drug testing has received much attention in the popular press. But what do we actually know about this troubling issue? With an extensive and readable overview of the literature, the committee presents what we do know by examining the major issues: The extent and severity of drug use on and off the job. The strengths and weaknesses of methods for detecting drug use through standard drug tests. The effect of drug use on behavior, including the results of both laboratory and field studies that have examined work-related behavior and worker productivity. The effectiveness of interventions to deal with drug use, such as employee assistance programs, health promotion programs, and treatment programs for substance abuse. This volume will be of practical interest to human resource and employee assistance program managers, policymakers, and investigators.

blue cross wellness program: Departments of Labor, Health and Human Services, Education, and Related Agencies Appropriations for 2009 United States. Congress. House. Committee on Appropriations. Subcommittee on the Departments of Labor, Health and Human Services, Education, and Related Agencies, 2008

blue cross wellness program: Employees as Leaders/decision-makers in Worksite Wellness Programs Sharon Yenney, 1986

blue cross wellness program: Public Health Reports , 1985

blue cross wellness program: The Future of Health-Care Delivery Stephen C. Schimpff, MD, 2012-02-01 Approximately 100,000 deaths per year in the United States result from preventable medical errors. This figure is about twice the number of people who die in car accidents and five times the number of murder victims annually, and twenty times the number of servicemen and women killed in Iraq and Afghanistan since the start of hostilities in 2001. If you think Americans have the best health-care system in the world, think again. In this deeply researched and controversial book, Dr. Stephen Schimpff explains why our health-care delivery system serves us so poorly, why it costs so much, and why government policy over many decades has not only failed to improve care delivery but has actually made it worse. In the process, he dispels common misconceptions about medicine and health care. The Future of Health-Care Delivery provides timely information and a road map to achieve world-class care delivery, putting health care where it belongs—in the hands of the patient and medical professionals instead of the insurance companies and government.

blue cross wellness program: Making a Difference Rebecca Meehan, John Sharp, 2023-08-31 Making a Difference: Careers in Health Informatics addresses everyday questions from people interested in working in health informatics. Typically, this includes people who work in health care, computer and technology fields, information science, finance / insurance and related areas. The book aims to tell students about various jobs that exist in the health informatics field, what credentials they need to qualify for those jobs, and a brief description about what people in those roles tend to do every day. As faculty members teaching in a Master of Science in Health Informatics program, the authors say that they are fortunate to have eager, bright, and talented graduate students who are invested in related health informatics areas. This could be their experiences in 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.

blue cross wellness program: Physical Activity and Public Health Practice Barbara E. Ainsworth, Caroline A. Macera, 2012-02-22 Physical activity remains a critical area of research as we consider cost-effective measures for lowering the chronic disease epidemic worldwide. In our increasingly automated society, many adults and children are not active at health-enhancing levels. In Physical Activity and Public Health Practice, a panel of respected researchers summarizes essential topics in physical activity and community health and guides public health practitioners and researchers in understanding the positive impact that physical activity has on a host of disease states. Focusing on the benefits of physical activity across the human lifespan with emphasis on primary and secondary prevention of chronic diseases and conditions, the book examines: Historical insights into physical activity and health Public health philosophy and approaches to understanding health concerns Application of public health strategies to increase physical activity in youth, adults, and older adults Known and effective policy and environmental approaches applied to various settings, including schools, worksites, and the community The role of physical activity on growth and development and in relation to obesity Methods for measuring physical fitness and applying U.S. Physical Activity Guidelines for exercise prescriptions How to promote physical activity among hard-to-reach populations A goal of all physical activity health promotion advocates is to increase the opportunity for citizens to live active, healthy lives. Understanding the immense role physical activity plays in human health is critical to shaping programs and policies that will benefit the population. This volume catalogs the latest research and provides a window into future possibilities for creating healthier communities.

blue cross wellness program: Health Insurance Industry Practices United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Oversight and Investigations, 1995

blue cross wellness program: Statistical Abstracts, Federal Employee Benefit Programs United States. Office of Personnel Management. Retirement and Insurance Service,

Additional Resources

blue cross wellness program

[Blue Cross Wellness Program](#)

Blue Cross Wellness Program

Related Articles

- [bill nye waves worksheet answer key](#)
- [biology activity sheet 1 heart graphic organizer answer key](#)
- [business income coverage is included for how may days](#)

[Back to Home](#)