

## Health & Wellness Programs through IBC

There are additional benefits available through your medical plans that are designed to encourage healthy behaviors. Additionally, discounts are available on products and services to help improve your health and save you money. You must register to take advantage of these benefits by calling **800-ASK-BLUE** or visiting the website at [www.ibx.com](http://www.ibx.com) and click on Health and Wellness.

### Healthy Lifestyles<sup>SM</sup> Solutions Program

Enroll in Weight Watchers®, Weight Watchers® Online, or an approved weight management program at any network hospital. The Healthy Lifestyles<sup>SM</sup> Solutions Weight Management Program will reimburse you up to \$150 for the cost of an approved weight management program. To get started:

- Sign up for an approved weight management program
- Attend the approved program
- Submit documentation and request your reimbursement

Log onto [www.ibx.com/reimbursements](http://www.ibx.com/reimbursements) and request your reimbursement by submitting proof of participation and payment. Once all of your documentation is submitted, you can request your reimbursement to be paid by direct deposit or American Express rewards gift card.

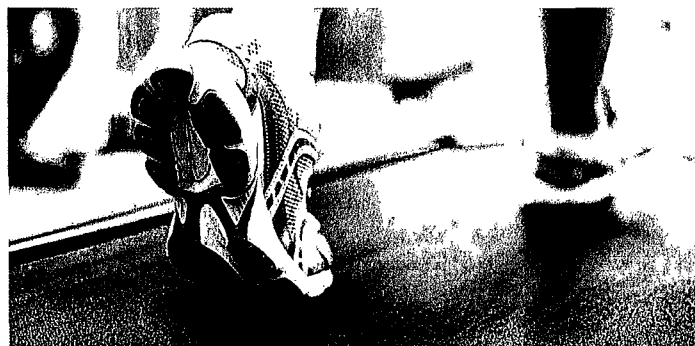
### Fitness Program Reimbursement

You can get up to \$150 back when you join a full-service fitness center. Exercise regularly (120 times a year) at an approved fitness center, record your workouts, and submit your documentation for reimbursement. Reimbursements can be obtained by direct deposit or an American Express rewards gift card.

### Other IBC Health & Wellness Resources

IBC offers access to a variety of products and services to help you live a healthy lifestyle and manage your everyday life. You and your family members can obtain information on the following programs:

- **Stress Management** – Receive a stress relief guide
- **Baby BluePrints** – A maternity program designed to help you be healthy, confident, and comfortable throughout your pregnancy
- **24/7 Nurse Line** – Members have access to speak with a registered nurse 24 hours, 7 days a week
- **WebMD** – Helps members better understand their symptoms and what to do about them
- **Personal Health Profile** – Health risk assessments members complete through the member portal that results in a health analysis and personalized action plan
- **Educational Videos** – View short educational videos on any one of thousands of health topics
- **Connections Health Management Programs** – Provides members with an accurate, confidential and personalized action plan to support physicians' relationship with their patients and enhance their ability to provide evidence-based care
- **Nutrition Counseling** – Members receive up to six visits a year with a registered dietician to learn how to eat a healthier diet
- **And much more**



### Tobacco Cessation Program

No matter who you are, you can find a program that will give you the type of support and encouragement you need to kick the habit. Receive \$150 back when you complete your choice of proven tobacco cessation programs. Eligible programs include those that focus on behavior modification and provide frequent and regular support such as weekly meetings or telephone based sessions.

You can work with your health care provider to determine which method is best for you. You may meet one on one with a provider, or choose a program that offers group support. Some programs can even help you manage stress, avoid weight gain, and overcome barriers to quitting. You can also choose a program offered by a network hospital in your area. Search for a network hospital in your area at [www.ibxpress.com](http://www.ibxpress.com) or contact our Health Resource Center at 800-ASK-BLUE for more information.

The following are not reimbursable:

- Copays, coinsurance and deductibles
- Hypnosis
- Acupuncture
- Dietary supplements, injections
- Electronic cigarettes



As an IBC member, you are automatically eligible for Blue365. 365 days a year, Blue365 is available to help you make important decisions about your health and wellness. Simply log on to Blue365 from the [ibxpress.com](http://ibxpress.com) website and you will receive access to discounts, nutrition and weight management programs, laser vision correction, parent and senior care, health travel and more.

Visit your member website at [www.ibxpress.com](http://www.ibxpress.com) to:

- Find a provider
- View claims
- Review your coverage details
- View health & wellness program