



## Tools & Resources to Encourage Well-Being

A big part of being well is having the tools and resources to help you on your journey to well-being. As a part of *Be Well...Serve Well*, Concordia Health Plan members have just that!

### Concordia Total Health Team

*(available for BlueCross BlueShield & Cigna options only)*

The CTHT is a dedicated team of healthcare specialists – including nurses, coaches, dietitians, clinicians and counselors – who work collaboratively with and specifically for Concordia Health Plan members. Members will benefit from having one team with training in a variety of disciplines that understands all the health and wellness resources available to CHP members and knows how to best leverage those resources. With direct access to the CTHT, members can connect with all the health support they need.

For more information, visit **BeWellServeWell.com** and click on “Personal Coaches” or call 800-605-6621.

### Omada

*(available for BlueCross BlueShield options only)*

The Omada program is designed to help participants lose weight, improve their health and avoid the risks of chronic disease—one small step at a time. Members and their adult dependent(s) (age 18 or older) at risk of type 2 diabetes or heart disease, and enrolled in a CHP BCBS option, can apply for Omada. If determined eligible, participants will begin a 16-week journey to well-being with a:

- Full-time health coach
- Online peer group
- Wireless smart scale
- Program that adapts to the member

Members can apply at **OmadaHealth.com/Concordia**.

– Continued on reverse –

## Video Office Visits

### Doctor on Demand

*(available for BlueCross BlueShield options only)*

Doctor On Demand and MDLive let members visit with a healthcare provider virtually via computer, smartphone or tablet for a host of common illnesses, such as colds, flu and more.

Visit **DoctorOnDemand.com/bluecrossmn** or **MDLIVE.com/Concordia** to register or to download the mobile app to see a doctor when and where it's convenient. (Remember to choose the appropriate service based on your CHP option.)

### MDLIVE

*(available for Cigna options only)*

## Employee Assistance Program

When experiencing life's challenges, the EAP is here to help 24/7/365. A dedicated staff of personal advocates can get members the information they need and guide them toward the right solution.

EAP staff will:

- Assess members' needs and find a solution to help resolve their concerns
- Get members the help they need when they're in a crisis situation
- Provide up to six free face-to-face sessions per issue per year with an EAP professional
- Connect members with the right mental health or substance use resources in the CHP provider network
- Direct members to a variety of helpful resources in their communities

To learn more about the EAP, visit **CignaBehavioral.com** or call 866-726-5267.

## Vitality

Vitality is a health and wellness program that integrates healthy activities and choices into daily life and provides personalized feedback. Members can set health and wellness goals, putting those goals into action and earning points for doing so. In addition, members receive a \$100 wearable device (e.g., Fitbit) subsidy and could be eligible for up to a \$250 rebate toward a gym membership.

Login to **PowerofVitality.com** to register and to download the mobile app.

## Online Wellness Resources

Be a better steward of your health by utilizing free online recipes, fitness tips and other health articles. Each month new content is posted on the Concordia Plan Services website. You will find:

- Recipes
- Articles
- Topic Library
- Videos
- Quizzes

View content at **BeWellServeWell.com**.

## Healthy Pregnancies, Healthy Babies® Program

*(available for BlueCross BlueShield & Cigna options only)*

The Healthy Pregnancies, Healthy Babies Program® helps improve the quality of maternity care and reduce pre-term deliveries.

You will connect with a coach to answer your questions and develop a care management plan. Education and self-care materials will also be mailed to your home. You can register for the program in the first or second trimester of your pregnancy. As an added incentive to join the program, you are eligible to receive:

- A \$150 gift card if you are enrolled by the end of the 1st trimester and you complete the program
- A \$75 gift card if you are enrolled by the end of your 2nd trimester and you complete the program

Call 800-605-6621 to enroll.