Clinical Programs and Wellbeing Tools Available to Health Plan Members and Dependents

Blue365: As a Blue Cross of Idaho member, you get access to Blue365, a free health and wellness discount program. Blue365 offers exclusive health and wellness deals to keep you healthy and happy, every day of the year. You can get discounts on gym memberships, hearing aids, glasses, contacts and LASIK, nutrition services, and more! Blue Cross of Idaho members can sign up by visiting ***members.bcidaho.com***, hovering over **Health & Wellbeing** and selecting ***Visit Blue365***.

BCBS Global Core: Blue Cross Blue Shield Global Core gives you access to doctors, hospitals, support tools and resources around the world. To learn more, visit ***bcbsglobalcore.com***.

Diabetes Prevention Program (DPP): The DPP program can help those with prediabetes take steps to prevent Type 2 diabetes, at no out-of-pocket cost. The free 16-week program can help you lose weight, choose healthy habits and greatly reduce your risk of developing diabetes. You can choose between an online or in-person program. To find out if you qualify, visit ***gosolera.com/bcidaho*** to take the online quiz.

Cost Relief: Offered through our pharmacy partner, CarelonRx, the Cost Relief program connects you with drug manufacturer copay-assistance programs to offer you a $0 copay on eligible specialty drugs. To learn more, call a Cost Relief specialist with CarelonRx Specialty Pharmacy at 877-638-4008.

Member website: Register your account at ***bcidaho.com*** by following a few simple, guided steps. Once you've registered and logged in, you can manage your claims, sign up for digital explanations of benefits (EOBs), find care from in-network providers, view your plan's coverage and benefits, and more.

Member app: Use the Blue Cross of Idaho member app on the go to access your member ID card, find nearby urgent care clinics, check the progress toward your deductible and out-of-pocket maximum, view claims and explore helpful resources, like a glossary of insurance terms. Find it in the App Store or Google Play.

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