

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.

Support managing chronic pain: Chronic joint and back pain can make it harder for you to live your best life. But with some small lifestyle changes – and support from Blue Cross of Idaho – you can manage your pain and thrive. Visit bcidaho.com/relief to see the benefits available to you.

Weight management with Wondr: Sign up for Wondr to improve your mental and physical health. Wondr is not a diet – it's a clinically proven weight management and lifestyle change program to help you reimagine how you eat, not what you eat, while still enjoying the foods you love. Once you sign up, you can take part in weekly online lessons and videos at your own pace, with support from health coaches and encouragement from an online community. Wondr is available at no cost to you. To enroll in Wondr, visit wondrhealth.com/IdahoAGC.

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.