



BCBS/SWWC Insurance and Health Programs

Member Customer Service | 866-537-7702
bluecrossmn.com/mnservcoop



SmartShopper - BCBSMN.smartshopper.com

What is SmartShopper?

SmartShopper is a health care shopping and savings program that works with your medical benefits. With SmartShopper, you and your covered family members shop for different medical procedures and tests via phone, web or mobile device. When you choose to have your procedure at a facility on the SmartShopper list, you earn cash. You also save money on what you pay out-of-pocket for the procedure. Shopping with SmartShopper is completely confidential.

FIRST ... REGISTER

Call the SmartShopper Personal Assistant Team at 1-866-285-7452, or visit BCBSMN.smartshopper.com and follow the simple prompts.

THEN ...

STEP 1: SHOP

When your doctor recommends a medical test, service or procedure, call the Personal Assistant Team or visit SmartShopper online to search for a reasonably priced location in your area.

STEP 2: GO

Have the procedure at one of the facilities on the SmartShopper list.

STEP 3: EARN

Four to six weeks after the procedure, SmartShopper mails a check to your home. No forms. No hassles. It's that easy!

*This is a taxable incentive.

Sample Procedures with Rewards	
Procedure	Your Reward
Bunionectomy	up to \$150
Carpal Tunnel	up to \$150
Colonoscopy	up to \$250
CT Scan	up to \$75
Gall Bladder Removal (Laparoscopic)	up to \$250
Hammertoe Correction	up to \$150
Hip Replacement	up to \$500
Hysterectomy	up to \$150
Knee Replacement	up to \$500
Mammogram	up to \$50
MRI	up to \$75
Spinal Fusion	up to \$500
Ultrasound	up to \$25
Upper GI Endoscopy	up to \$200



Omada - go.omadahealth.com/mhc

Digital lifestyle change program combining the latest technology with ongoing support so you can make the changes that matter most –whether that's around eating, activity, sleep or stress. It's an approach shown to help you lose weight and reduce the risks of type 2 diabetes and heart disease.

Minnesota Healthcare Consortium is offering Omada to employees and their adult family members who are enrolled in our Blue Cross and Blue Shield of Minnesota

health plan - at no cost to you. You'll get your own:

- ~ Interactive program
- ~ Wireless smart scale
- ~ Weekly online lessons
- ~ Professional health coach
- ~ Small group of participants

To take the 1-minute screener, visit go.omadahealth.com/mhc

Already diagnosed with Type 2 Diabetes? New in 2020, Omada will leverage their deep expertise in behavior change and add additional components designed to improve blood glucose control and address clinical gaps in diabetes care. Qualified participants will be surrounded with the tools and support they need to develop sustainable self-management behaviors designed to: improve blood glucose control, avoid dangerous blood glucose values, encourage lifestyle change to lose weight, support adherence to diabetes and lipid medications, and promote regular check-ups.

Starting January 1, 2021: Omada for Diabetes, which now includes Type 1 Diabetes and members with normal BMI for Type 1 and Type 2.



Sharecare

Together, Blue Cross and Blue Shield of Minnesota and Sharecare are transforming how Blue Cross members view their health. Members will begin their health care journey online by completing the RealAge® test, which reveals a person's age based on health, genetics and lifestyle habits verses their chronological age. RealAge provides a simple and intuitive understanding of their health.

Following the completion of the assessment, members will immediately receive highly-personalized recommendations on how to lower their RealAge. They will then be invited to download the mobile app so they can access their information anytime, anywhere. Resources include a dynamic health profile, easy insights to track lifestyle behaviors, highly-personalized health and wellbeing content, incentives, AskMD®, health topics, challenges and much more.

The new Fitness Incentive program counts all of your physical activity towards your reward ... not just your gym workout. Just meet the required level of activity and earn \$20 credit in the Sharecare Marketplace (available to CCOGA's January 1, 2020). Engage with Sharecare at least 21 days during a month and register 210,000 steps during that same month and earn your reward. Choose a gift card from 100+ retail stores and restaurants as one of the options with the Sharecare Marketplace (two members/household ages 18+ are eligible to participate in the incentive program). Go to bluecrossmn.sharecare.com to log in or register.

*This is a taxable incentive.



Doctor on Demand - doctorondemand.com/bluecrossmn

With Doctor On Demand, video visits can be done in just minutes — with no travel time — which means it's quick, it's convenient and it saves money.

Board-certified doctors are available 24/7, 365 days a year to treat many common medical conditions. You also can schedule next-day appointments to see licensed psychologists and psychiatrists between the hours of 7am to 10am local time.

Doctor On Demand treats most of the top 20 conditions treated in urgent care centers, including:

- Upper respiratory infection
- Yeast infections
- Travel medicine
- Urinary tract infections
- Diarrhea
- Back pain
- Strep throat
- Allergies
- Sports injuries
- Sinus infections
- Nausea
- Heartburn
- Rashes

How Much Does it Cost?*

- Medical: starting at \$55.44
- Psychology: \$69.30 (25-minute visit); \$132.83 (50-minute visit)
- Psychiatry: \$279.51 (45-minute initial visit); \$120.12 (15-minute on-going visit)

*Please know that prices may change.

This service is available to any employee – on the health plan or not. If the employee is on the health plan, once they create an account with Doctor on Demand, the service provides real-time benefits eligibility and claims processing specific to their plan. Members also have the option to set up payment through their HSA, FSA or major credit card.



Quitting Tobacco and Vaping Program

Get started today at 1-888-662-BLUE (2583)

If you use tobacco or vape — or love someone who does — quitting is always just around the corner. The fact is, even though we know these products are bad, they're really hard to kick. But as a Blue Cross and Blue Shield of Minnesota member, you've got an edge. That's right, your plan gives you help from a wellness coach, at no cost to you. Together, you'll develop a quit plan to finally kick these products to the curb.

Your coach will work with you to identify hurdles and brainstorm ways to keep those urges in check. You'll have regular phone check-ins as well as access to online resources to help keep you on track.

Maternity Management Program

If you are expecting, call now to get started at 1-866-489-6948.

Having a baby can be an exciting time - it can also be overwhelming. That's why there's the maternity management program. This program provides one-on-one support from a maternity health coach during and after pregnancy. You'll get personalized advice from a knowledgeable expert to answer all the questions that come with being pregnant.

Learn to Live - [Learntolive.com/partners](https://www.learntolive.com/partners)

Mental health struggles are more common than cancer, diabetes and heart disease and yet three out of four people don't get the help they need. Now there's an easy way to get it, in the privacy of your own home.

If you're experiencing insomnia, stress, excessive worry or depression, Learn to Live is an online cognitive behavioral program that can help you work through those issues when and where it's convenient for you and it's proven to work.

HERE'S HOW IT WORKS

- A quick online assessment determines which lessons would benefit you the most. Eight interactive lessons then help you explore situations that trigger negative emotions and give you tips, tricks and strategies to work through them. It is part of your health plan so there is no additional cost to you and it is completely confidential.
- Learn to Live can help you get a handle on stress, anxiety and worry and learn how to deal with those feelings so you're in control — not your emotions.



Formerly SelectAccount®

Further - Health Care Spending & Saving - hellofurther.com

Further Member Customer Service: 800-859-2144

Further Member Online Service Center



Blue 365 - blue365deals.com/bcbsmn

With Blue365, great deals are your for every aspect of your life, like 20% off at Reebok.com, discounted products through Jenny Craig, or a gym membership for only \$29 a month.

Register now at blue365deals.com/bcbsmn to take advantage of Blue365. It's an online destination featuring healthy deals and discounts exclusively for our members.

Just have your Blue Cross and Blue Shield of Minnesota member ID card handy. In a couple of minutes, you'll be registered and ready to shop. Every week, we will send a special deal straight to your email inbox!



Live Well - www.swwc.org/livewell

Find up-to-date information on our Live Well (employee wellness) program, including how to receive funding for your site-based employee wellness program (for insurance members). We also offer an incentive program for groups in our insurance pools. Employees on the group health plan can earn a \$500 incentive for participating in their organization's Live Well activities.



Wellness Coordinator Connection - mhcwellness.org

Online portal for requesting funds for the Live Well (employee wellness) program.

Contact the SWWC Team for more information or visit www.swwc.org/healthinsurance
Bobbie Carmody, Administrative Assistant, bobbie.carmody@swwc.org; 507-537-2247

Member Benefits



BCBS/SWWC Insurance and Health Programs

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bluecrossmn.com/mnservcoop



Further – Healthcare Spending & Saving

Member Customer Service 1-800-859-2144

hellofurther.com



Cooperative Purchasing – Wellness Solutions for Workplace

888-739-3289

Check us out on Facebook and Twitter or at www.swwc.org/cp



Group Long Term Disability – Madison National Life Insurance

Group Life – Madison National Life Insurance

800-356-9601

www.madisonlife.com



Dental Insurance – Delta Dental

800-553-9536

www.deltadental.com



Vision Insurance – Ameritas Vision

800-776-9446

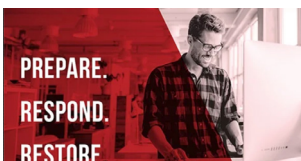
www.ameritas.com



Long Term Care – Mutual of Omaha

800-775-6000

mutualofomaha.com



Cyber Liability Insurance – NAS Insurance

877-244-9688

nasinsurance.com

Contact us for more information or to get started:

Bobbie Carmody, Administrative Assistant, bobbie.carmody@swwc.org, 507-537-2247

www.swwc.org/healthinsurance