

BLUE CARE NETWORK

Healthy *Blue Living*SM HMO

Weight-management program guide

*If your body mass index is 30 or higher,
enroll in one of these programs:*

Lifestyle Coaching

Page 3

Triple Tracker

Page 4



Scan here for your
weight-management programs



**READY
TO HELP**





You have a weight-management program requirement

Your qualification form shows your body mass index is 30 or higher. For enhanced benefits:

- Enroll in a weight-management program within the first 120 days of your plan year.
- Participate in the program through the end of your plan year.

Your Blue Cross Well-BeingSM personalized online experience delivers programs and support to help you build healthy habits. We worked with Personify HealthTM to offer you two new flexible weight-management programs:

- **Lifestyle Coaching:** Attend one 20-minute session with your health coach each month by phone or messaging. Modeled after Mayo Clinic coaching programs, Lifestyle Coaching pairs you with an experienced health coach who helps you take small, achievable steps toward losing weight and lowering your BMI.
- **Triple Tracker:** With this fitness program, complete any combination of three physical activities — 7,000 steps, a 15-minute workout or 15 active minutes — at least 20 days a month. You'll need a wearable activity tracking device. See Page 4.

Once we receive a new qualification form from your primary care provider showing a BMI under 30, you'll no longer need to participate in the programs. As the subscriber of your health plan, this to-do only applies to you. Spouses and dependents don't need to complete the requirement; they're assigned to the same benefit level as you.



Visit bcbsm.com/hbl for videos, FAQs and other resources.

Lifestyle Coaching

Your lifestyle coach partners with you to identify what type of eating habits, movement or other changes work best for you. The same coach stays with you throughout your journey to help you lose weight.

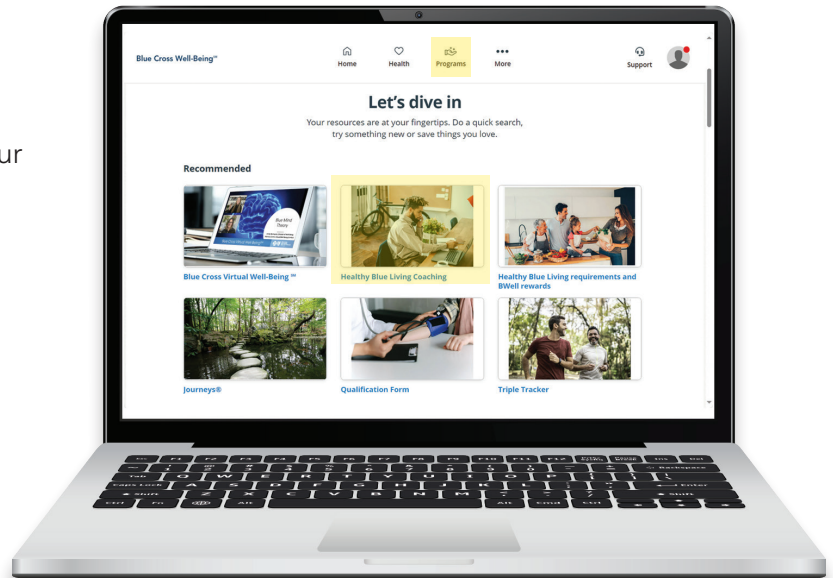
Your requirement: Attend one 20-minute session with your health coach each month, by phone or messaging, and participate in the program through the end of the year.

Enrollment deadline: Enroll within the **first 120 days of your plan year**. Log in to your member account at bcbsm.com* to [check your to-do list status](#).

How to get started

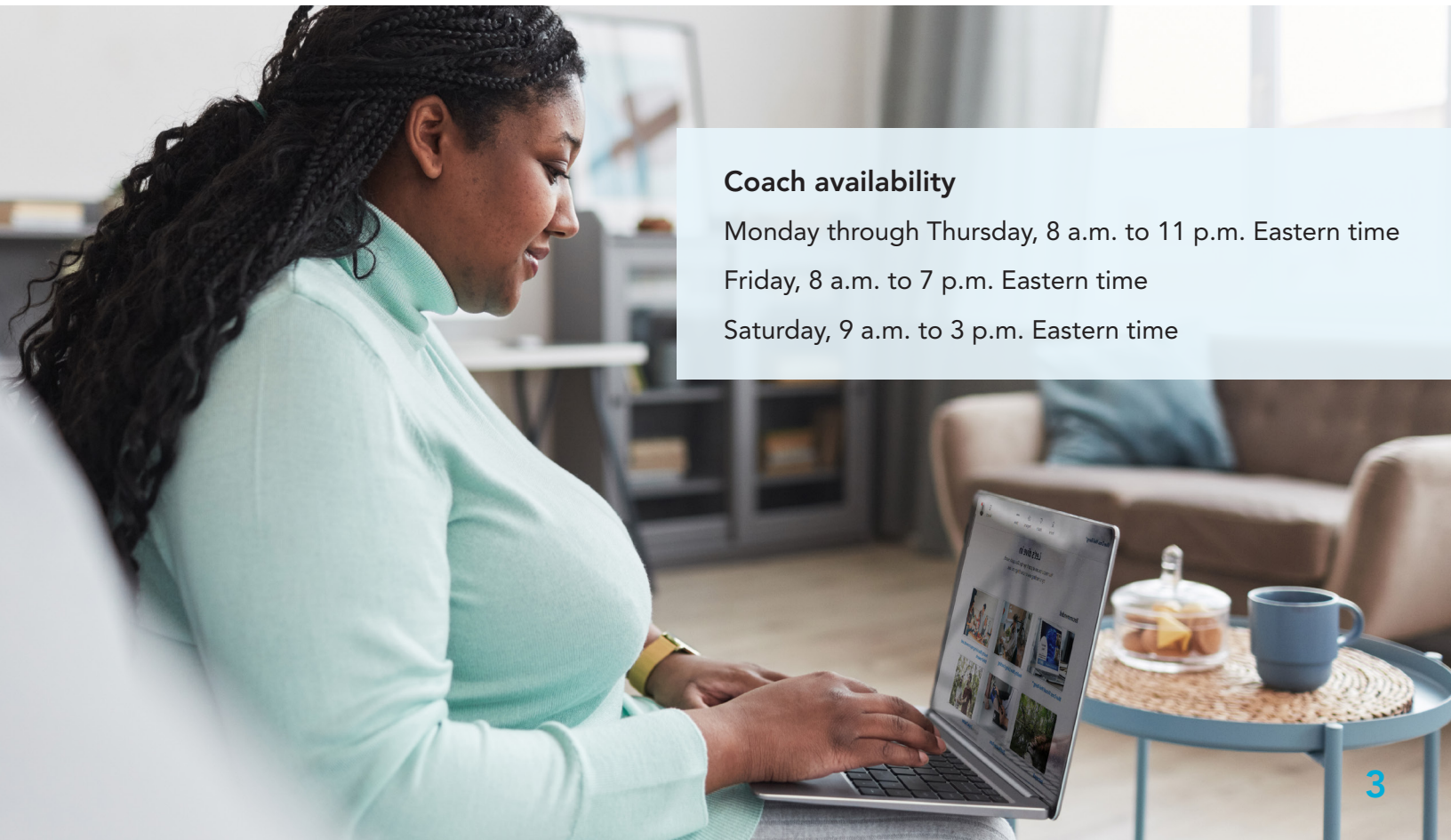
You must use your member account to enroll in the program and get credit for completing your to-do. To enroll and schedule your first session, log in to your account at bcbsm.com* and:

1. Click *My Coverage* in the navigation menu.
2. Click *Medical* and then *To-do List*.
3. Click *Weight Management Program*.
4. Select the *Lifestyle Coaching* option.
5. Click *Continue*. You'll be taken to the Blue Cross Well-Being home page.**
6. Click *Programs* in the navigation bar.
7. Click *Healthy Blue Living Coaching*.
8. Click the *Start Now* button to schedule your first session.



*Your to-do list isn't available through our mobile app.

**First-time visitors will need to sign up for their well-being account.



Coach availability

Monday through Thursday, 8 a.m. to 11 p.m. Eastern time

Friday, 8 a.m. to 7 p.m. Eastern time

Saturday, 9 a.m. to 3 p.m. Eastern time

Triple Tracker

This flexible program lets you choose a combination of three activities in daily increments to complete your Healthy Blue Living to-do and maintain enhanced benefits:

- 7,000 or more daily steps
- 15 or more active minutes
- 15 or more workout minutes

You'll need to track your activities with an activity tracker device. It's how we give you credit toward completing your to-do. Our program is compatible with more than 100 devices and apps, including Apple®, Garmin™, Fitbit® and Personify Health™.

You can use a device you already own or purchase one through the Personify Health Store in your well-being account. Plan subscribers* who select the Triple Tracker program get a free Personify Health Max GO™ or a \$50 credit to use toward any device purchased through the Personify Health Store. The credit is applied at checkout.

Your requirement: Complete any combination of validated steps, active minutes or workout minutes for 20 days within a calendar month.

Enrollment deadline: Enroll within the **first 120 days of your plan year**. Log in to your account at bcbsm.com to [check your to-do list status](#).



Enroll in the program

Log in to your account at bcbsm.com to get credit for enrolling. Once you're logged in, follow these steps:

1. Click *My Coverage* in the navigation menu.
2. Click *Medical* and then *To-do List*.
3. Click *Weight Management Program*.
4. Select the *Triple Tracker* option.
5. Click *Continue*. You'll be taken to the Blue Cross Well-Being home page.

*Spouses and dependents aren't eligible for a free Max GO device and \$50 credit.

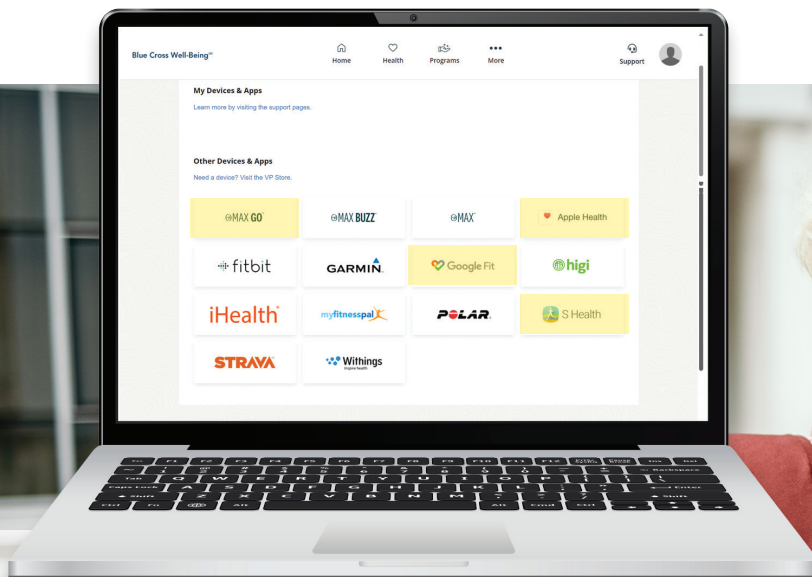
How to get started

Step-by-step instructions for ordering and syncing a device, as well as how to track your progress, are available on the Triple Tracker program page within your well-being account. To access them, log in to your member account at bcbsm.com and:

1. Click *Program & Services* in the navigation bar.
2. Click *Blue Cross Well-Being* under *Quick Links*. (You'll be taken to the home page of your well-being account.)
3. Click *Programs* in the navigation bar.
4. Click *Triple Tracker*.
5. Scroll down to *Getting Started is easy!*

Certain devices must be synced using the Personify Health app. If you're using Max Go, Samsung Health, Apple Health or Google Fit, search "Personify Health" in the App Store® or Google Play™ to download the app.

Once you've connected your device, you can monitor your fitness activities all in one place using your member account at bcbsm.com.



The devices highlighted in the image above must be synced using the Personify Health app.



Syncing counts: Sync your device weekly to ensure you get credit

Be certain you receive credit for your fitness activities. Log in to your well-being account weekly to sync your fitness activities with your account. The system retrieves the data for a period of two weeks, meaning you'll only receive credit for the most recent two weeks of your synced data.

Blue Cross Well-BeingSM: Resources personalized to you

Blue Cross Well-Being gives you extra help for improving your health. In addition to these weight-management programs, you have online resources and daily content based on your health and interests:

- **Daily Cards** highlight healthy actions that are easy to understand and do.
- **Self-guided Journeys[®]** empowers you to make positive changes for building healthy habits that stick.
- **Nutrition Guide and Sleep Guide** supports your goals of eating healthy, sleeping well and managing your weight.
- **Tobacco Coaching** offers easily accessible, one-on-one support to help you quit tobacco.
- **My Care Checklist** helps you stay on top of recommended preventive health care.

And you can access them conveniently through your online member account at bcbsm.com.



Commonly asked questions

How do I know that I met my 120-day requirement?

Keep [checking your to-do list](#) within your online member account at bcbsm.com. Your progress in completing your to-dos is updated automatically in your account. Note: It could take two weeks for updates to appear in your account.

I received a Fitbit device when I participated in the Steps walking program. Can I use the same device for Triple Tracker?

Yes, but you will need to connect it with your Blue Cross Well-Being account. The data in your old account doesn't transfer.

What are "active minutes" for the Triple Tracker program?

Fitness trackers have different ways of determining active minutes. Some devices may track activities by heart rate. Others track by the amount of time spent on an activity and calories burned. Check your individual device to understand how your physical and continuous activity are being tracked.

I have a weight-management and tobacco coaching requirement. Do I need to sign up for both coaching programs?

No. If your qualification form shows you have a BMI of 30 or higher and use tobacco, you only need to sign up for one coaching program — Lifestyle Coaching or Tobacco Coaching. It will count for both to-dos, regardless of the coaching program you choose.

I chose Triple Tracker for my weight-management to-do, but I also use tobacco. Do I need to participate in both Triple Tracker and Tobacco Coaching?

Yes. If you choose Triple Tracker and your qualification form shows you use tobacco, you will need to participate in both Triple Tracker and Tobacco Coaching to complete your to-dos.

Can my spouse join Triple Tracker or Lifestyle Coaching, even if their BMI is lower than 30?

Blue Cross Well-Being resources and programs, including our weight-management programs, are available to all Healthy *Blue* Living members.

Where can I get technical support?

You can reach Member Services Support within your well-being account. A representative is available by:

Chat: Monday through Friday (excluding holidays), 2 a.m. to 9 p.m. Eastern time

Email: Monday through Friday (excluding holidays), 8 a.m. to 9 p.m. Eastern time



Scan here to check your to-dos:



Find more resources online at:

bcbsm.com/hbl

Blue Care Network is committed to helping you achieve your best health status. Lower out-of-pocket costs for participating in our well-being health care plan, Healthy *Blue* Living, are available to all subscribers who meet all qualification requirements. If you think you might be unable to meet a standard or requirement under this plan, you might qualify for an opportunity to earn lower out-of-pocket costs by different means. Consult your BCN primary care provider to find an alternative that's right for you in light of your health status and before starting any regular exercise.

Personify Health is an independent company that provides health and well-being services on behalf of Blue Cross Blue Shield of Michigan and Blue Care Network.