Healthy *Blue* Living℠ HMO

A plan that rewards healthy choices

EDUCATE ENGAGE EMPOWER

What is Healthy *Blue* Living?

It's a wellness plan that puts a spotlight on healthy lifestyles and encourages you to take charge of your health. As a result, you'll have a better understanding of your current health status and you'll receive lower out-of-pocket costs for the whole benefit year when you complete plan requirements.

Healthy *Blue* Living has two levels:

- **Enhanced level** = You met the plan requirements and, as a result, everyone on your contract has lower out-of-pocket costs.
- **Standard level** = You didn't meet the plan requirements. You're still covered, but everyone on your contract has higher out-of-pocket costs.

How do I earn the enhanced level?

When you first become a Healthy *Blue* Living member, you'll automatically start in the enhanced level. To stay here, you have a to-do list with plan requirements. **You'll need to complete the first two steps below within the first 90 days of your plan year**. Depending on your current health status, you may need to also complete steps 3 and 4 within the first 120 days of your plan year.

Complete these requirements:

Check your to-do list online.

You can check your personal to-do list online and see the deadline of each task when you create an account and sign in as a member at **bcbsm.com**.

Within the first 90 DAYS of plan year:

1. **See your primary care physician for your *Blue Care Network Qualification Form* visit.** After your exam, your doctor needs to electronically submit your qualification form to us.
2. **Complete a health assessment by logging in to your account at bcbsm.com.** It takes about 10 minutes. If you don't have internet access, the welcome materials we'll send you will have information for how to request a paper copy.

Blue Care Network

Blue Care Network of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

Within the first 120 DAYS of plan year:

- **Enroll in our tobacco cessation coaching program.** If your qualification form shows you use tobacco, you'll need to enroll and participate in our program for the rest of your plan year or until your doctor submits a new qualification form that shows you no longer use tobacco. There's no extra cost for this program.
- **Sign up for a BCN-sponsored weight-management program option.** If your qualification form shows you have a body mass index of 30 or more, you'll need to enroll and participate in one of our weight-management program options for the rest of your plan year or until your doctor submits a new qualification form that shows your BMI is below 30.

If you have a tobacco-cessation or weight-management requirement, you'll receive more details about the programs in the mail.

Who has to complete the requirements?

The enrollee is the only member who needs to complete the plan requirements to keep or earn the enhanced level for everyone on his or her contract.

What is the *Blue Care Network Qualification Form*?

It's a form that helps you and your doctor get a snapshot of your health based on the six high-impact health measures below. You must score A's and B's on these health measures. This means you're meeting the wellness targets or you've committed to treatment to improve a particular health measure. Once you enroll, we'll include a sample qualification form in your welcome kit. Your doctor will submit your qualification form for you after your appointment.

TOBACCO	Target: No tobacco use	CHOLESTEROL	Target: LDL-C is below target (based on risk factors: <100, <130 or <160)
DEPRESSION	Target: Any depression is in full remission	BLOOD PRESSURE	Target: Below 140/90
BLOOD SUGAR	Target: Your fasting blood sugar or A1c at or below target	WEIGHT	Target: BMI below 30

What will I receive from Blue Care Network to keep me on track?

When you enroll in Healthy *Blue* Living, you'll receive a *Member Handbook* in the mail. This booklet will include information about how your plan works and the requirements, plus important details about your Blue Care Network coverage.

We'll send you letters during the beginning of your plan year with reminders about the requirements you already completed and those you still need to do.

Blue Care Network is committed to helping you achieve your best health status. Rewards for participating in our wellness program, Healthy *Blue* Living, are available to all contract holders who meet all qualification requirements. If you think you might be unable to meet a standard or requirement for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. You can work with your BCN primary care physician to find an alternative that's right for you in light of your health status. Consult with your BCN primary care physician before starting any regular exercise or weight-management program.