

IUOE LOCAL 4 HEALTH AND WELFARE HEALTHY PROGRAMS

A variety of additional programs, discounts, savings, resources and tools are available to help you get the most you can from your health plan. Take advantage of the following:

24-Hour Nurse Care Line	Talk to a registered nurse 24/7, toll-free.	1-888-247-BLUE (2583)
A Healthy Me	On-line resource featuring healthy living tips, savings and discounts, health assessment, prevention guidelines.	www.ahealthyme.com
AmericanWell Telehealth	Visit a board-certified doctor in minutes with a smartphone, tablet or computer.	www.bluecrossma.com/telehealth
BCBS Member Services	Questions about dental, medical, mental health and substance abuse disorder services or status of claims.	1-800-401-7690
Blue365	On-line resource offering access to health and wellness deals such as personal care, fitness and financial health.	www.blue365deals.com
Case Management	BCBS specialized support services for certain conditions such as active cancer treatment; high-risk pregnancy; gastrointestinal disorders; traumatic brain injury and more.	1-800-392-0098 and choose option 1
COB Savings Bank	Receive up to \$600 per family per year for claims.	Funds Office: 1-888-486-3524
CVS Caremark ExtraCare® Health Card	Save 20% instantly on CVS/Pharmacy® brand health-related items plus earn 2% back and more towards ExtraBucks Rewards on select purchases.	www.CVS.com/extracarehealth
Davis Vision Value Advantage	Receive discounted eye wear and exams outside normal benefit limits.	1-800-999-5431
Chronic Condition Management	BCBS voluntary program designed to assist individuals diagnosed with specific chronic health conditions such as asthma; COPD; diabetes; heart failure; and coronary artery disease.	1-800-392-0098 and choose option 2
EPIC Hearing Healthcare	Listen Hear, Live Well Hearing Health Wellness Program provides reward savings to EPIC hearing devices.	1-866-956-5400
Fitness Reimbursement	Reimbursement for Health Club membership up to \$150 per family, per year.	1-800-401-7690
Living Healthy Babies®	On-line resource to keep you and your baby healthy.	www.livinghealthybabies.com
Modern Assistance Programs, Inc. (MAP)	The Employee Assistance Program administered by MAP provides qualified and confidential help for an array of personal problems at no cost to members and eligible dependents. MAP is available for a broad range of problems including, but not limited to: stress; anxiety; depression; marital problems; alcohol and substance abuse.	1-617-774-0331 or www.modernassistance.com
MyBlue	Personalized way to access your health care info, claims and more, via website or mobile app.	www.bcbsma.com/wps/portal/members/home
Weight Loss Reimbursement	Reimbursement for Weight Watchers or hospital based weight-loss program up to \$150 per family, per year.	1-800-401-7690