

Edina Public Schools

BLUE CROSS HEALTH AND WELLBEING SOLUTIONS

Program	Highlights
Health Guides and Nurse Guides	Our Health Guides (customer service staff) answer questions and help navigate through your health benefits. Nurse Guides also provide support for clinical inquiries. Call the number on the back of your member ID card or visit myBlueCrossmn.com .
Case Management	Case management supports individuals who are experiencing catastrophic or complex health care events by coordinating care with individuals, family members and providers.
Chronic Condition Management	If you or an eligible family member has an ongoing condition, or you experience a major health event, you may receive an invitation to use our voluntary and confidential Chronic Condition Management service. These health professionals look beyond just your condition, and look at your whole health situation, matching phone-based support and educational resources to your needs. A Blue Cross nurse gets to know you over time so you don't have to explain your situation every time you call.
Utilization Management	Utilization management promotes effective, appropriate and efficient use of medical and behavioral health care resources to ensure you receive appropriate care.
Online Health Assessment	This brief questionnaire is your first step to a healthier lifestyle. Answer questions about your health history, nutrition, physical activity and more. You'll instantly get a report just for you. Our online health questionnaire is available 24/7, it takes 20 minutes and is completely confidential. Find your health assessment at myBlueCrossmn.com .
Online Coaching	These state-of-the-art health coaching programs help participants understand and overcome their health concerns. They simulate live coaching sessions that are customized to meet individual needs.
Online Health and Wellbeing Resources	Available 24/7 in English and Spanish, our online health and wellbeing resources offer reliable, personalized information on diseases, conditions, tests, procedures and prescription medications, as well as health quizzes and calculators.
Stop-Smoking Support	Quit tobacco for good. Take advantage of Stop-Smoking Support, with one-on-one counseling and tools to help you quit at your own pace. Participants work with quit coaches to develop quit plans and receive phone, web, text and print support. Call 1-888-662-BLUE (2583) to get started.
24-Hour Nurse Advice Line	The Nurse Advice Line provides unlimited live access to professional medical advice as well as a pre-recorded medical library. Call 1-800-622-9524 .
Employee Assistance Program (EAP)	Our EAP provides confidential, short-term counseling for those experiencing work or personal problems that may impact work performance or quality of life. Licensed, master-degreed professionals are available 24/7. Call 1-800-432-5155 or visit bluecrossmn.com/eap .
Fitness Discounts	Shape up with Fitness Discounts. Earn up to a \$20 credit each month (two qualifying adults per household maximum) toward your fitness center dues by working out at least 12 times a month. To find a participating fitness center, go to myBlueCrossmn.com .
SmartSelect Transparency Solutions	Our SmartSelect transparency tools empower members to be better informed health care consumers. Embedded within our online provider finder tool, SmartSelect provides users with objective provider cost and quality information. Once signed in to myBlueCrossmn.com , go to "health & wellness."
Maternity Management Program	Maternity Management Program provides risk-based support to pregnant women. All expectant mothers are matched with a health coach (registered nurse) who will support them throughout their pregnancy. Access to online tools and resources to support a health pregnancy.
Adestinn	Adestinn is a vacation savings plan that gives you a 50 percent matching credit on all planned vacation savings for accommodations. Employee contributions are held in Adestinn's FDIC-insured account, fully refundable, and there's a 100 percent annual carryover. These savings can be applied toward hundreds of top name hotels and resorts. No blackout dates and best price guarantees apply. Visit adestinn.com/bcbsmn .