

# RCG Stake Holders Meeting



 HIGHMARK

October 19 & 20, 2022

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# Your Health Plan Partners

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# Engaging members earlier and keeping them connected keeps them healthier.

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We strive to make  
the experience **simpler,**  
**streamlined,** and  
**more engaging.**





## Blues On Call<sup>SM</sup>



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### Why

Medical concerns during off hours? Just call to get support from a registered nurse or help from a health coach to quit smoking, lose weight, etc.

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### Where

1-888-BLUE-428 or from the Highmark Plan app

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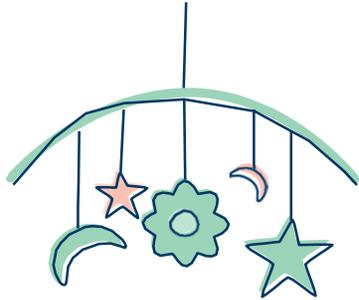
### When

24/7

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# Baby Blueprints

We offer Baby Blueprints® maternity education and support programs to help expectant mothers better understand every stage of their pregnancy.



## **This free program provides members with:**

Easy and convenient enrollment over the phone.

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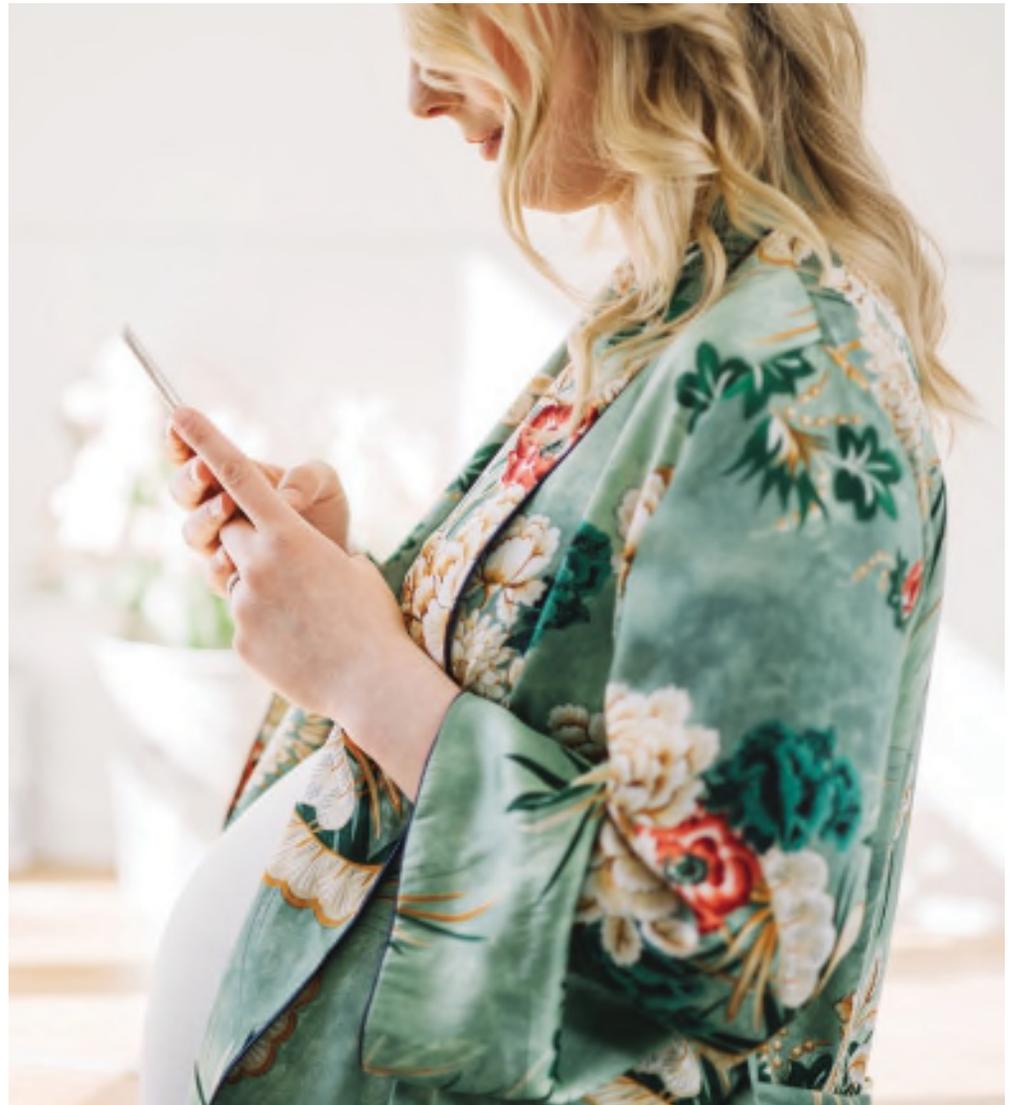
Access to in-depth educational information on all aspects of pregnancy.

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Individualized support throughout their pregnancy from a Women's Health Specialist.

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Information on reimbursement for childbirth classes.



# Diabetes Prevention Program (DPP)

Diabetes is preventable. Prediabetes is reversible.



- As many as 1 in 3 U.S. adults are prediabetic.
- DPP is available to all members as part of our preventive schedule.

**DPP is a structured lifestyle and health behavior change program that is designed to prevent the onset of type 2 diabetes.**

With DPP, you get:



**Expert Coaching**



**Engaging Lessons**



**Support of a Community**



**100% Preventive Medical Benefits**



**No Member Cost Share**

## Well360 Diabetes Management — *Powered by Onduo*

Using the Onduo platform to bring the most up-to-date care to people living with type 2 diabetes anytime, anywhere.



The Onduo program helps people achieve their goals through building relationships and on-demand care.

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- ✓ A virtual health clinic that includes access to telehealth services with endocrinologists
  - ✓ Remote prescriptions
  - ✓ Continuous Glucose Monitoring systems (CGMs) to those who qualify
  - ✓ An extension of primary care and coordinates care with PCPs
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# Wellness Coaching

Building Customized Plans to Fit Members' Needs



**Coaches are all highly qualified in their area of expertise, including registered dietitians and exercise physiologists.**

Programs are easy to access and tailored to each individual.



**Weight Loss**



**Stress Reduction**



**Sleeping Better**



**Smoking Cessation**

# Blue365 Discount Program

Making It Easy and Affordable to Live Healthy



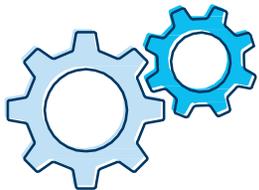
**Best-in-class discounts** available to all commercially insured members



Unique, **value-added content** focused on healthy living tips



**Exclusive offers** only available for Blue365 members



**Minimal setup and integration required** for HR leaders and benefit decision-makers to offer to employees

# Fitness Your Way Program

A network of fitness facilities available at a discount for members.

Offered via the **Blue365 discount program**

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Join a network of fitness facilities for a discounted rate, **so you can work out anywhere when it is convenient for you**

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**Access to nearly 9,500 fitness locations** including select national chains

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**\$29 a month, plus a low \$29 enrollment fee** with a three-month commitment

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**Easy, online enrollment**



# FITNESS YOUR WAY

**tivity**  
HEALTH

Proprietary and confidential. Do not distribute.

Northeastern New York Community Wellness

# Free Community Wellness Programs



Our community wellness programs aim to help members improve their quality of life with seminars and classes that are **free of charge.**

You can choose from **more than 150 programs** and participate in at least two free fitness or wellness classes per year.

Visit [bsneny.com/communitywellness](https://bsneny.com/communitywellness) for a complete list of classes.

# Make the Most of Your Benefits

With Highmark Blue Shield of Northeastern New York, you have access to these services:



## Acupuncture

Covers up to 12 visits per member per calendar year



## Massage therapy

Covers up to 12 visits per member per calendar year



## Routine podiatry

Covers routine foot care including corns, calluses, fl at feet, fallen arches, weak feet, chronic foot strain, or common foot complaints

Your cost for each service is an office visit copay.

To locate a participating provider, visit [highmark.com/blueshieldneny](https://highmark.com/blueshieldneny) or call the number on the back of your member ID card.

# Sharecare personalized health and wellness program

**Sharecare** is an online health and wellness assistant that gives you extra support toward reaching your wellness goals. Receive personalized guidance on eating right, exercising, getting key health screenings, and more.

## VISIT

[mycare.sharecare.com](https://mycare.sharecare.com) and set up your online profile.

## DOWNLOAD

the Sharecare app from Google Play or the Apple App Store.

## TAKE

the RealAge® test to discover the real age of your body.

## LEARN

what health habits can make you feel younger.

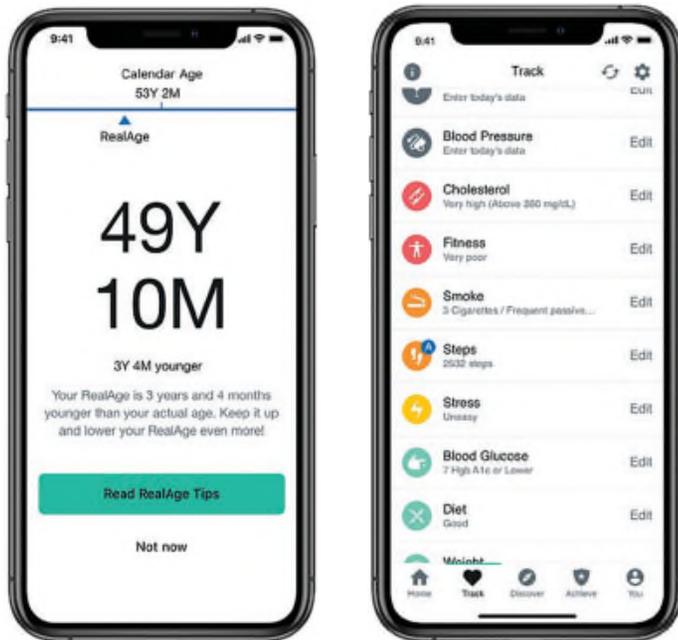
## CHALLENGE

yourself to stay motivated to achieve your health goals.



## Sharecare Features

# Being healthy is simpler with Sharecare.



# 90%

Sharecare® Registrants

Completed the RealAge® Test

## Here's how:

### RealAge Program

Learn the real age of your body based on your health habits, current health conditions, and family medical history.

### Personalized Tips

Based on your RealAge® assessment, get a highly customized timeline and quick, actionable health tips to lower your RealAge.

### Earn Green Days

Each day you will be able to easily track your lifestyle behaviors to ensure your health is on the right track. Earning a Green Day moves you closer to lowering your RealAge.

### AskMD

Gets you from *what's wrong* to *what can you do about it*. Start a consultation to assess symptoms or manage a health condition.

**Challenges:** Enjoy some friendly competition as you strive to stay healthy and earn rewards.