

## HEALTH AND WELLBEING RESOURCES

From lowering stress and managing weight, to finding the right care or comparing treatment options, you have the tools and resources you need to put better health within your reach. To learn more, log in to your member website.

### Online care

Access board-certified doctors, psychiatrists and psychologists with Doctor on Demand® via smartphone, tablet or computer.

- Visit [doctorondemand.com/bluecrossmn](https://doctorondemand.com/bluecrossmn)

Doctor On Demand® by Included Health is an independent company providing telehealth services.

### Online behavioral health programs

Living with substance use, stress, insomnia, depression, social anxiety, panic? Learn to Live offers online programs, including resilience, and is available anytime to help you work through it.

- Visit [learntolive.com/welcome/bcbsmn](https://learntolive.com/welcome/bcbsmn) and use code BCBSMN

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support.

### Wellness discount marketplace

Get significant savings on personal care, fitness and wellness goods and services from Blue365®.

- Visit [blue365deals.com/bcbsmn](https://blue365deals.com/bcbsmn)

Blue365® is a registered mark of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and/or Blue Shield plans.

### Rewards program

Earn rewards by tracking daily steps or your favorite activity.

- Log in at [bluecrossmn.com/BCA](https://bluecrossmn.com/BCA)

Blue Care Advisor<sup>SM</sup> is an offering of Blue Cross and Blue Shield of Minnesota, a nonprofit independent licensee of the Blue Cross and Blue Shield Association.

### Health management

Receive professional support for managing chronic or serious health conditions. Includes education, treatment plan support and community resource information.

- Call 1-855-312-9107

### Maternity management

Receive support and guidance from a maternity case manager.

- Call 1-800-793-6916

### Quitting tobacco and vaping

Take advantage of personalized guidance in making a quit plan and receive ongoing support from a wellness coach.

- Visit [bluecrossmn.com](https://bluecrossmn.com) or call 1-888-662-BLUE (2583), TTY 711

### Diabetes Prevention Program

Get help lowering your risk for Type 2 diabetes with the Diabetes Prevention Program (DPP). DPP provides lifestyle change support focused on healthy eating and physical activity. It is covered under your plan at no additional cost to you.

- Visit [cdc.gov/prediabetes/takethetest](https://cdc.gov/prediabetes/takethetest)

### Diabetes and heart disease prevention

Get professional health coaching online and supportive tools and resources, including a digital scale, through Omada® to help prevent diabetes and heart disease.

- Visit [omadahealth.com/omadaforbcbsmn](https://omadahealth.com/omadaforbcbsmn). See your plan materials for details.

The Omada program is from Omada Health, Inc., an independent company providing digital care programs.

### Diabetes management

Get personalized support from a certified diabetes care and education specialist (CDCES), a digital scale and glucose monitor to help you manage your diabetes with Omada®.

- Visit [omadahealth.com/omadaforbcbsmn](https://omadahealth.com/omadaforbcbsmn). See your plan materials for details.

The Omada program is from Omada Health, Inc., an independent company providing digital care programs.

### Hypertension management

Get personalized support from a certified hypertension specialist, a connected digital scale and blood pressure monitor and cuff to help you manage your hypertension with Omada®.

- Visit [omadahealth.com/omadaforbcbsmn](https://omadahealth.com/omadaforbcbsmn)

The Omada program is from Omada Health, Inc., an independent company providing digital care programs.

### Gender Care Services

Connect with the Gender Services Team to discuss gender-related care options, health plan coverage and providers.

- Visit [bluecrossmn.com/GenderCare](https://bluecrossmn.com/GenderCare) or call 1-866-694-9361