



 
*my*BlueWellness

Let Blue Cross and Blue Shield of Alabama help you make some positive changes.

myBlueWellness

...at your service

Welcome to myBlueWellness – a suite of programs from Blue Cross and Blue Shield of Alabama created with your well-being in mind. Sign in today at **AlabamaBlue.com/myBlueWellness**.



CareReminders

When you log-in at **AlabamaBlue.com**, you will see your upcoming or overdue health services.

These online Care Reminders are also available on the Alabama Blue mobile app.

If you have questions about your Care Reminders, or need assistance scheduling an appointment, call a BlueCare Health Advocate today, at 1-888-759-2764.

Health Coaching Program

Sometimes life gets busy, and thinking about your health can be the last thing on your mind. That's why Blue Cross works to make healthy lifestyle choices easier by having a dedicated health coach to speak with you about any health challenges you may be facing. The Health coach can:

- set healthy goals that fit your lifestyle
- overcome barriers to health goals
- find a meal plan that works for you
- understand any medications you may be taking



Check out the Alabama Blue mobile app for 24/7 access to your benefits and claims, plus a Virtual ID Card & more!

Baby Yourself® Maternity Management

The goal of this maternity program is to ensure expectant mothers and their babies receive the best possible healthcare during pregnancy. Participants receive telephone or e-mail support from a registered nurse, access to the Baby Yourself app, and a Lactation Program for encouragement and support during and after pregnancy. Call 1-800-222-4379 to enroll.



The Baby Yourself app
for expectant families

Chronic Condition Management

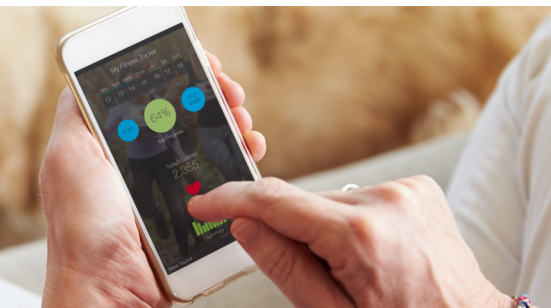
Chronic Condition Management incorporates a holistic, personalized approach to managing your healthcare. This telephone-based program assists members with Asthma, Coronary Artery Disease, COPD, Diabetes and Heart Failure. The main goal is to help you stay healthy. Talk to a Chronic Condition Management health professional at 1-888-841-5741.

Blue365

Living a healthy life is all about making good choices every day, and Blue Cross and Blue Shield can help your employees do just that. Blue365 offers great discounts from top national and local retailers on fitness gear, gym memberships, family activities, healthy eating options and much more. Discounts include:

- **Handpicked deals** from premium brands that your employees will recognize
- **Better discounts** than other health savings programs across nearly all categories
- **Exclusive offers** only available to Blue365 members
- **Year-round discounts** with no limited supplies and no limits on employee savings Blue365 is just one of the many benefits of being a member of Blue Cross and Blue Shield!





Wellness Tools: POWERED BY WebMD®

At AlabamaBlue.com/myBlueWellness, you can access up-to-date information about illnesses, conditions and the latest health news. You also get access to Symptom Checker, calculators, assessments, videos, recipes and you can personalize the site to fit your needs – all powered by WebMD.

Health Assessment

After taking the online Health Assessment you'll get an immediate, personalized report showing an overview of your current health status and ways to reduce health risks.

Daily Habits

These web-based health courses offer step-by-step assistance to help you change unhealthy behaviors and make better choices. Daily Habits offers a variety of plans including Enjoy Exercise, Balance Your Diet, Keep Stress in Check, Lose Weight, Quit Tobacco, and Cope With the Blues.

Personal Health Record

The Personal Health Record allows you to keep your health information in one secure, central location. Information can be entered manually, and automatically added from two years of processed claims. Health Trackers allow you to chart your personal health measurements over time.



**BlueCross BlueShield
of Alabama**

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WebMD® is an independent company providing health assessment tools and services to Blue Cross and Blue Shield of Alabama customers.