

HEALTH ENHANCEMENT PROGRAMS



For MIIA/Blue Cross Blue Shield Subscribers on an active health plan.



PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
2nd.MD	MIIA/Blue Cross Blue Shield Subscribers, spouses and dependents on an active health plan.	Virtual expert medical consultation and navigation service. Connect with Board Certified specialists about diagnosis, treatment plans, second opinions, and more.	
Good Health Gateway	All MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents with Diabetes or Pre-Diabetes on an active health plan.	Diabetes management rewards program providing \$0 copay for diabetes medications and supplies to those adherent to the program.	
Headspace	MIIA/Blue Cross Blue Shield Subscribers. Subscribers may enroll 5 friends or family, free of charge (regardless of health plan status).	Mindfulness and Meditation app. Access the full Headspace library including content for sleep, focus, stress & anxiety, movement, and more.	
Hinge Health	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+) on an active health plan.	Virtual physical therapy to support muscle and joint health, decrease and prevent joint pain, to help live a healthy, and pain free life.	
Maven	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+) on an active health plan.	24/7 Virtual support for Family Building, Pregnancy, Parenting, and Menopause.	
Smart Shopper	MIIA/Blue Cross Blue Shield subscribers, spouses and dependents on an active health plan.	Cash back rewards on non-urgent medical procedures when using a preferred provider.	
Wellness Coaching	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+).	Up to 10 coaching sessions per year. Certified Wellness coaches provide guidance, accountability, and support to help identify and meet goals specific to you and your lifestyle.	

HEALTH ENHANCEMENT PROGRAMS

For all employees regardless of health plan status.

PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
<p>Employee Assistance Program (EAP)</p>	<p>All employees and their household members regardless of health plan status.</p>	<p>In-person, telephonic, or virtual counseling, training courses, management consultations, critical incident debriefing, work/life resources and support.</p>	
<p>Learn to Live</p>	<p>All employees and their household members (age 13+) regardless of health plan status.</p>	<p>Virtual programs, clinical assessments, and coaching based on Cognitive Behavioral Therapy. Address stress, anxiety & worry, depression, substance abuse, and more.</p>	
<p>MIIA Winners Pathways</p>	<p>All employees & their spouses, & retirees enrolled in a MIIA/BCBS health plan. Only MIIA/Blue Cross Blue Shield subscribers are eligible for rewards</p>	<p>24/7 Virtual behavior change program to support fitness, nutrition, mental wellbeing, sleep, and weight loss.</p>	 <p>Use code: mii4all if registering with MIIA Winners.</p>
<p>Ompractice</p>	<p>All employees and their household members (age 13+) regardless of health plan status.</p>	<p>Live, virtual movement and mind/body classes including Yoga, Tai Chi, Pilates, HIIT, Meditation, and more!</p>	
<p>Quizzify 2 Go</p>	<p>All employees and their household members regardless of health plan status.</p>	<p>Doctor Visit prep kits, covering over 200 topics, to help you prepare for your next clinical visit.</p>	

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