

2025

HEALTH AND WELLBEING RESOURCE GUIDE

ROCORI School District

Everything you need to take control of your health

We're with you every step of the way with the support, tools and resources you need to navigate your health journey.



These resources can also be found on your member website at bluecrossmn.com/BCA.

Online care

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

Visit 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 and enter code **BCBSMN1**

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

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

Get Active program

Earn rewards by tracking daily steps or your favorite activity.

Log in at bluecrossmn.com/BCA

Blue Care AdvisorSM 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 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

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/BCBSMN1. 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/BCBSMN2. 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®.

See your plan materials for details.

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



FOR A HEALTHIER TOMORROW, SCHEDULE YOUR PREVENTIVE VISIT TODAY

The best time to start thinking about your health is *before* you get sick, and routine checkups can catch health problems early.



Learn more at
bluecrossmn.com/Visits.

Check your benefit booklet on your member website for coverage details.

Autism program

Connect with an autism navigator to discuss a new diagnosis, care options, health plan coverage and support.

Call the number on the back of your member ID card

Eating disorder program

Get one-on-one support from a behavioral health case manager for you or a family member recovering from an eating disorder.

Call the number on the back of your member ID card

Opioid use program

Get assistance from a behavioral health case manager to identify underlying conditions that contribute to substance use and find appropriate care to support recovery.

Call the number on the back of your member ID card

Peer Support Specialist

Get specialized support for mental health challenges or substance use from someone with real-life experience.

Visit bluecrossmn.com/FindADoctor or call the number on the back of your member ID card

Gender Care Services

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

Visit bluecrossmn.com/GenderCare or call **1-866-694-9361**



You and Blue.SM Better together.

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