

## 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](http://doctorondemand.com/bluecrossmn)

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

### Online behavioral health programs

Concerned about substance use, stress, insomnia, depression, social anxiety, panic or resilience? Learn to Live is an online program that's available anytime to help you work through it.

- Visit [learntolive.com/partners](http://learntolive.com/partners) and enter code BCBSMN

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

### Health assessment

Complete a short, confidential health assessment. Based on your results, you'll receive personalized recommendations including helpful tips and programs available to you.

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

### Wellness discount marketplace

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

- Visit [blue365deals.com/bcbsmn](http://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](http://bluecrossmn.com/BCA)

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**HEART-HEALTHY TIPS**

These simple tips for living a healthy lifestyle can help lower your risk for high blood pressure, heart disease and stroke:

- Limit salt in your diet
- Exercise regularly
- Manage your weight
- Stress less
- Get more sleep

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### 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](http://bluecrossmn.com) or call 1-888-662-BLUE (2583). TTY users, call 711.

### 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](http://omadahealth.com/BCBSMN1). See your plan materials for details.

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

### Autism program

Licensed professionals provide clinical and administrative assistance to get you and your family the support and treatment you need.

- Call 1-855-312-9107

### Eating disorder program

Get one-on-one support for you or a family member at risk of or recovering from an eating disorder.

- Call 1-855-312-9107

### Opioid use program

Get assistance identifying underlying conditions that contribute to substance use and find appropriate care to support recovery.

- Call 1-855-312-9107

### Gender Care Services

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

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