



Programs Enhancing Member Health and Wellbeing

Program Name	Who's Eligible	Description
Good Health Gateway 800.643.8028 MIIA.GoodHealthGateway.com	Available to any family member, regardless of age, on a MIIA/BCBS family health plan.	Diabetes management program to increase care and medication adherence through incentives (\$0 copays for medication/ supplies).
Ompractice ompractice.com/miia	Open to members and non-members of health plan age 13 and up.	Live virtual yoga, meditation, and other mind/ body classes.
Learn to Live Learntolive.com/partners Enter access code: miia	Open to members and non-members of health plan age 13 and up.	Online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy. Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia, and Substance Use.
Mindwise Mentalhealthscreening.org/screening/miiawellness	Open to all employees and family members in MIIA member groups.	Mindwise is a free anonymous mental health screening tool with 13 screenings ranging from wellbeing to substance abuse. No personal information is required.
Quizzify App.quizzify.com/users/sign_up/mma	Non-members can play but don't earn prizes.	A monthly Jeopardy-like trivia game that can help participants improve lifestyle, save on health care costs, and differentiate health facts from myths.

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Smart Shopper 1-877-281-3722 Log in to bluecrossma.org and click the SmartShopper link.	Available to those on a MIIA/BCBS health plan (not open to every BCBS plan and retirees).	Cashback on non-urgent medical procedures when using preferred providers.
Ex Program Visit BecomeAnEX.org/signup/MIIA to get started.	Available to those on a MIIA/BCBS health plan.	Digital tobacco/vape cessation program in collaboration with Mayo Clinic that includes nicotine patches/gum delivered to the home. Active online community (peer support), and live-chat coaching from experts.
EAP myassistanceprogram.com/miia-eap/	EAP is open to all employees and their households in MIIA member groups.	In-person and telephonic counseling, training courses, management consultations, critical incident stress debriefing, work/life resources.
Headspace work.headspace.com/miiaawellaware/join	Available to those on a MIIA/BCBS health plan. Primary subscribers and 2 plus friends of family members may join.	Mindfulness and meditation app with hundreds of meditations and exercises for sleep, focus, and movement.
Telephonic Wellness Coaching emiia.org/well-aware/wellness-coaching	Available to those on a MIIA/BCBS health plan ages 18 and up.	Up to 10 phone coaching sessions per year with a certified coach. Coaches provide the guidance, accountability and support you need to live a healthier lifestyle. You and your health coach will work together to identify goals and strategies to meet those goals.
Brightline hellowbrightline.com/miia Brightline Member Support at 888-224-7332 or care@hellowbrightline.com .	Available to those on a MIIA/BCBS health plan.	Behavioral health care for kids from 18 months to 18 years. Support for parents and caregivers too -- delivered virtually, when and where you need it.
2nd.MD Visit www.2nd.md/miia Call 1.866.269.3534 Download the 2nd.MD app via App Store or Google Play	Available to those on a MIIA/BCBS health plan.	A virtual expert medical consultation and navigation service. Connect with board-certified, elite specialists about a diagnosis or treatment plan all within a matter of days at no cost.