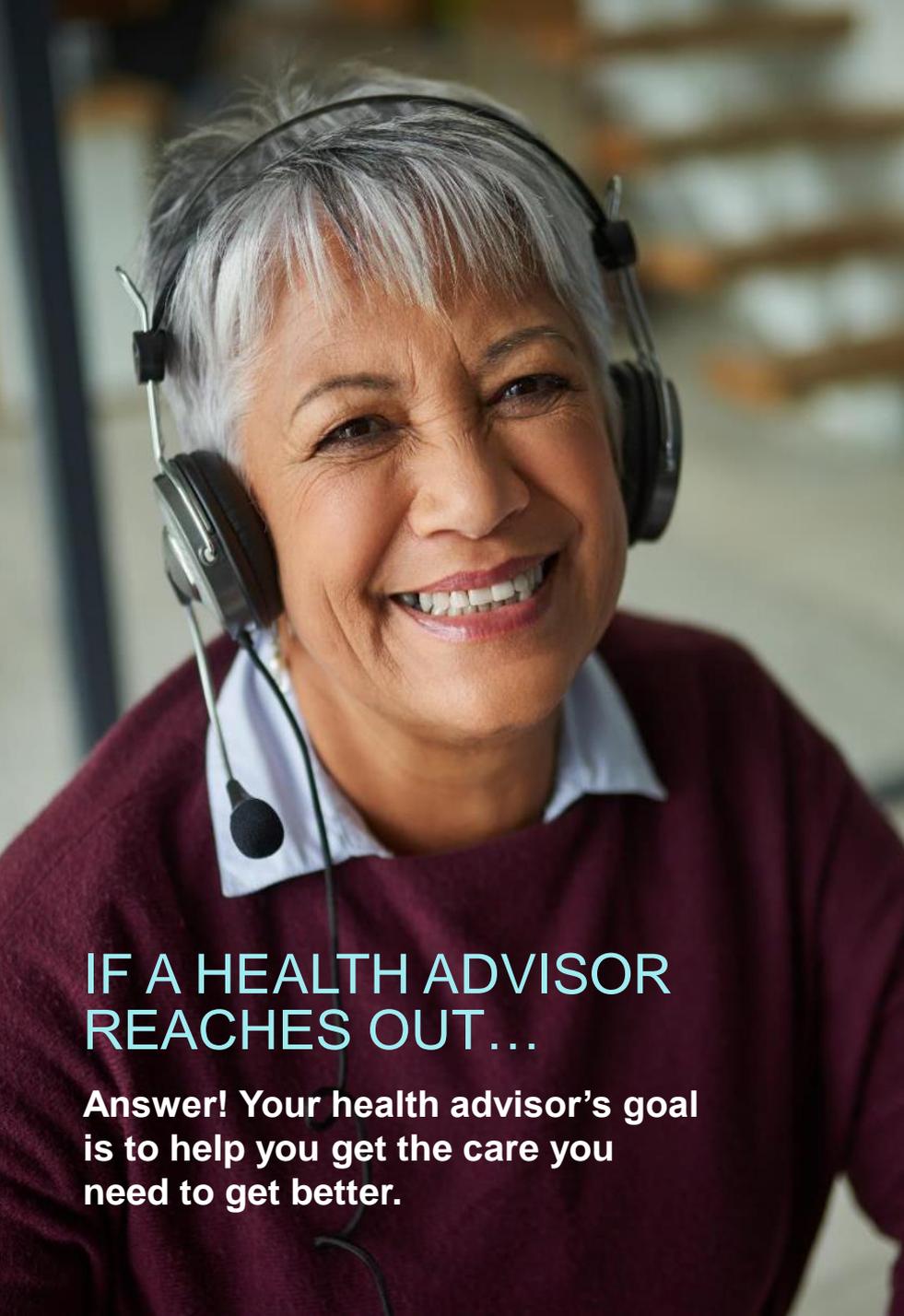




**BlueCross BlueShield
of New Mexico**

Health and Wellness





IF A HEALTH ADVISOR REACHES OUT...

**Answer! Your health advisor's goal
is to help you get the care you
need to get better.**

A health advisor:

- Can help to coordinate your and your family's serious health concerns
- Gives you one person you can count on when you need help the most
- Works with a team of specialists to help make sure you have the right care for your unique circumstances



24/7 Nurseline

Advice anytime.

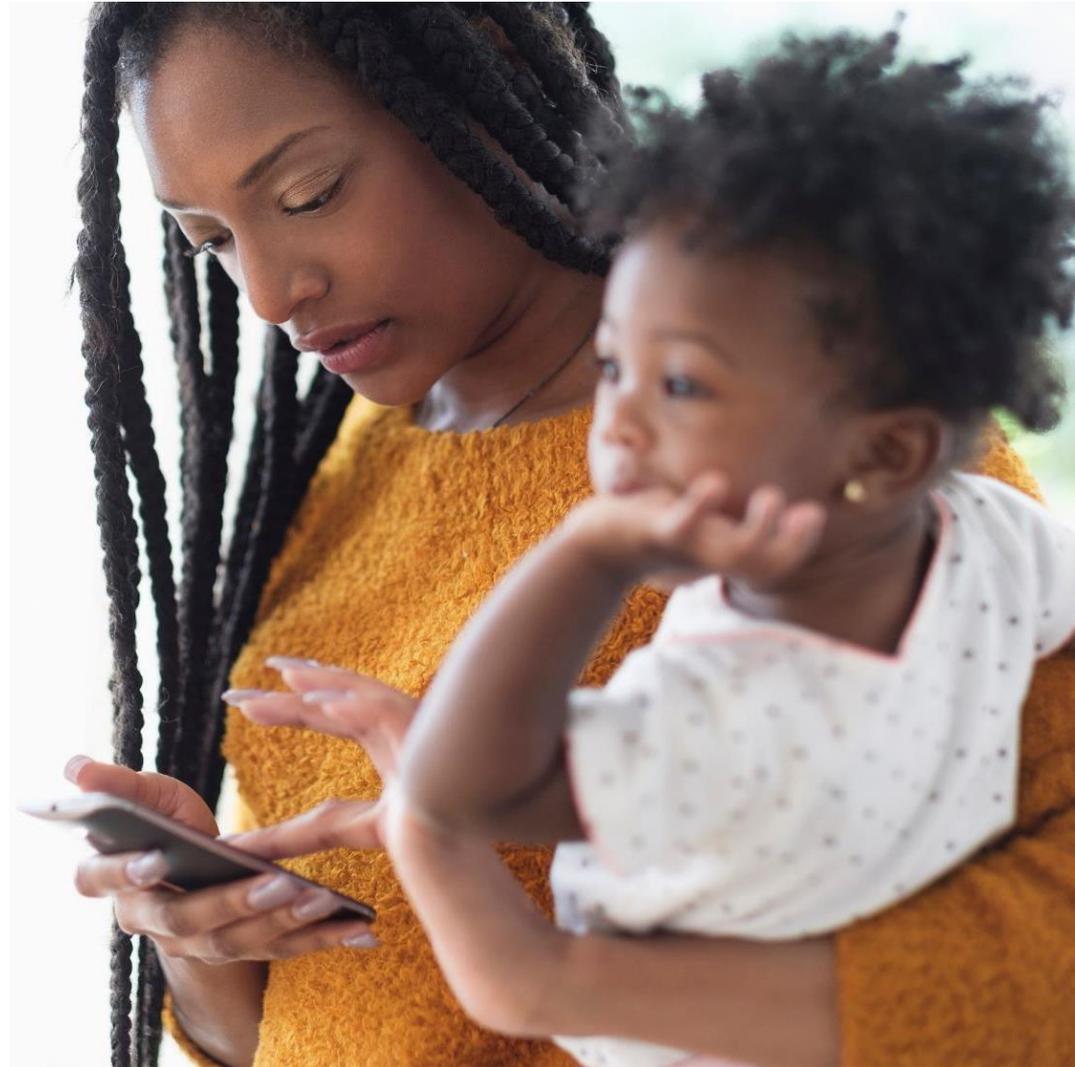
Advice isn't just
needed from 9 to 5.

Round-the-clock health and
wellness advice from licensed
nurses

Plus, you can also listen to
more than 1,000 health topics

800-973-6329

Available in English and Spanish



Digital Mental Health



Online programs through Learn to Live at no added cost for:

- Stress, anxiety and worry
- Depression
- Social anxiety
- Insomnia
- Substance use

- Available to employees and their family members 13 and older
- Programs in English and Spanish
- Personal coaching by phone, text or email

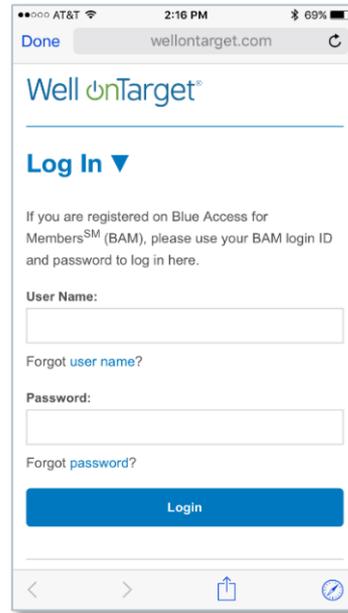
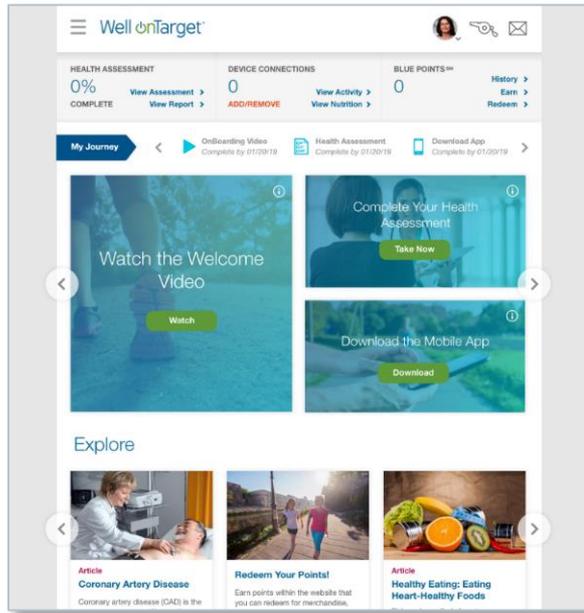
Get started with a mental health assessment:

- Log in to Blue Access for MembersSM
- Choose Wellness, then find Digital Mental Health

Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician.



Member Wellness Portal



The portal includes recommended activities that make up your Personal Member Journey.

The Fitness Program is provided by Tivity Health™ Services, LLC, an independent contractor which administers the Prime® Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers. Prime is a registered trademark of Tivity Health, Inc. Tivity Health is a trademark of Tivity Health, Inc.

Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Screen images are for illustrative purposes only.

Well onTarget® Highlights

- Health Assessment
- Member dashboard
- Digital self-management programs
- Trackers and tools
- Interactive symptom checker
- Health and wellness content
- Secured messaging
- Blue PointsSM rewards*
- Fitness Program
- Tracking for fitness and nutrition and also device integration
- Personal wellness challenges
- Mobile app (AlwaysOn) 

*Blue Points program rules are subject to change without prior notice. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

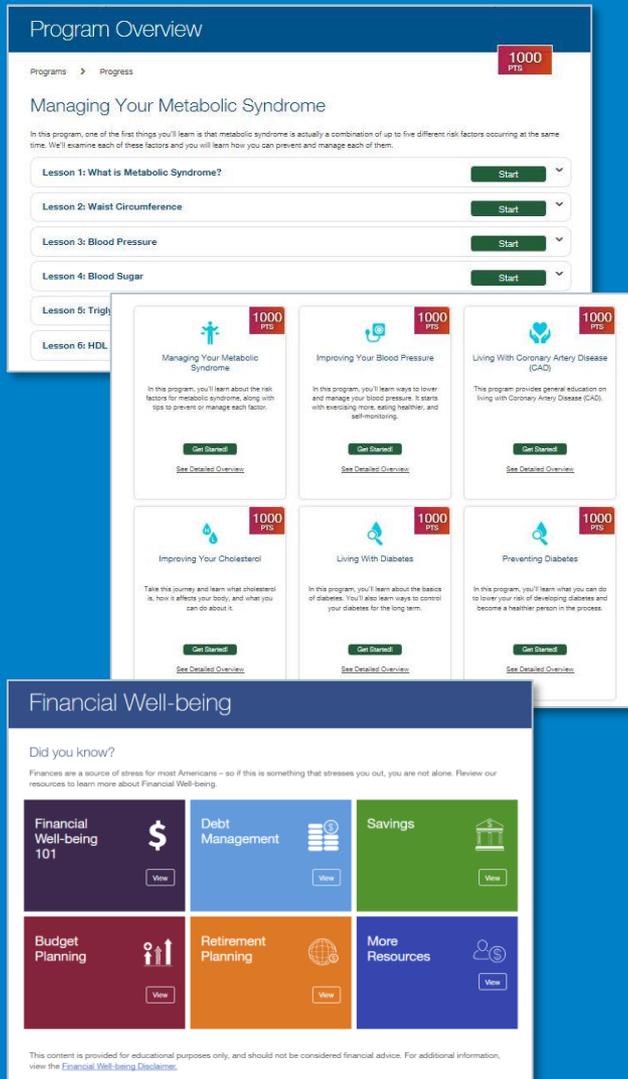
AlwaysOn is owned and operated by Onlife Health Inc. an independent company that has contracted with Blue Cross and Blue Shield of New Mexico to provide digital health management for members with coverage through BCBSNM.

BCBSNM makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.



Wellness Information, Right at Your Fingertips

New digital self-management programs on a range of wellbeing topics



Interactive

- Enhancing your Physical Activity
- Managing Your Stress
- Improving Your Sleep
- Living with Diabetes
- Quitting Tobacco
- Staying Tobacco Free
- Achieving Your Healthy Weight
- Maintaining Your Healthy Weight
- Nutrition for Better Health
- Improving Your Blood Pressure
- Financially Fit
- Improving Your Oral Health

Educational

- Managing Your Metabolic Syndrome
- Preventing Diabetes
- Healthy Bones and Joints
- Living With Asthma
- Living With Chronic Obstructive Pulmonary Disease (COPD)
- Living With Congestive Heart Failure (CHF)
- Living With Coronary Artery Disease (CAD)
- Improving Your Cholesterol
- Healthy Pregnancy
- Preventive Health: Reducing Your Risks



BUILT-IN INCENTIVES

Blue PointsSM

Offerings that earn points:

- Use of online trackers
- Connecting and syncing a fitness device or app
- Health Assessment completion
- Digital Self-management Program completion
- Fitness program visits

Redeem points in the online Shopping Mall with over a million products!

Blue Points Program Rules are subject to change without prior notice.
See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information.



Well onTarget® Fitness Program

Flexible Gym Network

A choice of gym networks to fit budgets and preferences.*

Plan Options	Digital Only	Base	Core	Power	Elite
Monthly fee	\$10	\$19	\$29	\$39	\$99
Gym* facility network size	Digital access only	3,000	7,500	12,000	12,400
\$19 initiation fee (no initiation fee for digital-only option)					

- **Studio Class Network:** Boutique-style classes and specialty gyms are pay-as-you-go with 30% off every 10th class.
- **Family Friendly:** Expands gym network access to your covered dependents at a bundled price discount. Member pays only one enrollment fee per family.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

*Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.

Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

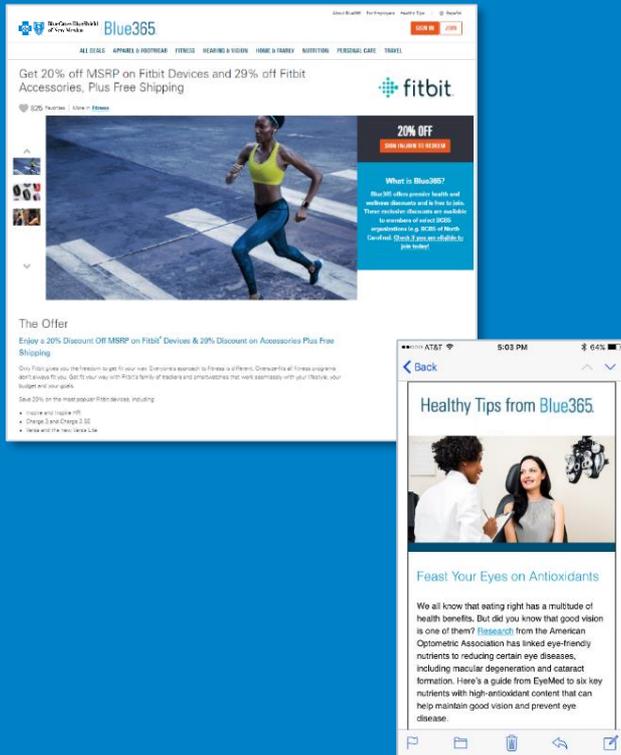
- Flexible, no-excuses, budget-friendly fitness program from Tivity Health™
- You can select an option based on your preference. Once you enroll, you'll have access to all locations within the purchased plan and those at the lower price, too.
- Offered to you and your dependents
- Unique program designed to promote health, wellness and activity for adults 18+*
- Access to multiple fitness locations where you live, work and travel with no obligation or contract
- Easy online enrollment (or by phone) plus fitness location finder
- Unique member ID assigned to each member on enrollment
- Just log in to Blue Access for Members to access the Fitness program enrollment page



Member discounts simply for being a BCBSNM member

Blue365[®] Member Discount Program

- Exclusive health and wellness deals from national and local retailers
- Save money on fitness gear, family activities, gym memberships, healthy eating, dental, vision, hearing aids and more from top national and local retailers
- Log in to Blue Access for MembersSM and click “Member Discount Program” in Quick Links to view your available discounts and to register for weekly emails



Blue365 is a discount program only for BCBSNM members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Employees should check their benefit booklet or call the Customer Service number on the back of their ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products cost toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program and are subject to change. BCBSNM does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSNM reserves the right to stop or change this program at any time without notice.

BCBSNM makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Women's and Family Health

Prepare for Your Life-Changing Journey

Whether you are pregnant or planning to get pregnant, you should prepare as much as you can. We have tools to help you — at no extra cost to you.

- **Ovia Health™ apps** are for tracking your cycle, pregnancy and baby's growth.
- **Well onTarget®** offers self-guided courses that help you plan for a healthy pregnancy and baby.
- Plus, if your pregnancy is high-risk, BCBSNM will provide support from **maternity specialists** to help you care for yourself and your baby.





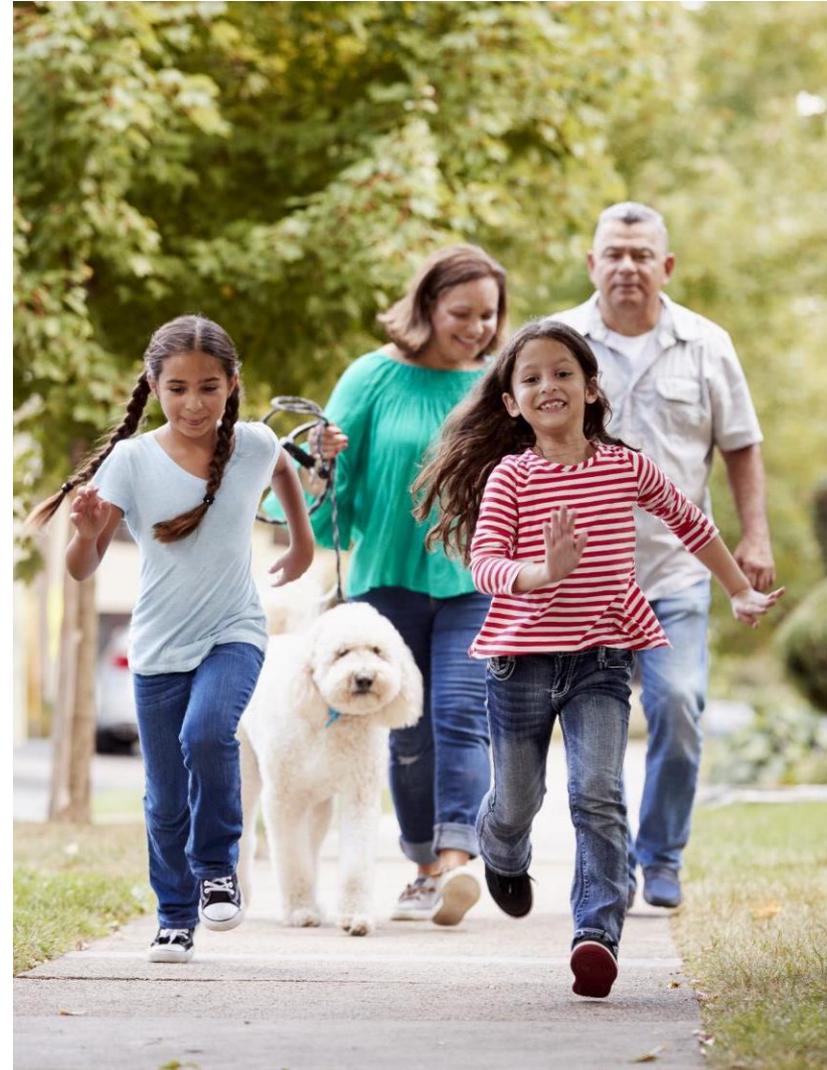
BlueCross BlueShield
of New Mexico

Stay Engaged in Your Health Care



How You Can Be a Smarter Consumer

- **Use in-network providers**
- Research costs in **Provider Finder**[®]
- **Review EOBs** and bills sent by your providers
- **Use wellness benefits**
- **See your physician regularly** for preventive care or illness
- **Ask your health care provider questions** about prescribed medications and treatment
- Ask your doctor if **lower-cost drug options** are right for you
- **Visit bcbsnm.com/sandia** for more health and wellness information



Thank You!

Blue Cross and Blue Shield of New Mexico



**Sandia
National
Laboratories**

Member Customer Service

877-498-SNLB (7652)

