Six ways to stay healthy

Take control of your health now with these tools on ibxpress.com.

Independence Blue Cross (IBC) offers many tools and resources to help members stay healthy. Here are six easy ways you can stay on track with your health.

1. Wellness Profile

   This powerful health assessment tool gives you a clear picture of what you’re doing right and suggests ways to stay healthy. Just answer a few questions and you’ll get information about your health, including:
   - health score based on your responses
   - risk reports that detail your health risks and give you a personalized action plan
   - physician summary to bring with you on your next doctor’s appointment

   Begin your Wellness Profile by logging on to ibxpress.com.

2. Health Topics

   Our website, ibxpress.com, provides information about some of the most common health problems. You will receive reliable, updated news about diagnosis, treatment options, and prevention techniques.

Complete your Wellness Profile on ibxpress.com today.
3. My Health Assistant

This tool helps you set realistic goals and make small changes that can add up to a big difference. My Health Assistant is a personalized, online health coaching tool that helps you take action and sustain healthy behaviors. You can choose to focus on one or more of the following areas: exercise, nutrition, weight management, stress management, tobacco cessation, and emotional health. Once you have selected your area of focus, My Health Assistant lets you choose from a number of simple activities that become part of your weekly plan. You’ll have tools to track your progress, get positive reminders, and a have access to a wealth of health information to guide you to success each week.

4. Blue365®

Blue365 provides you with value-added discounts and offers on health and wellness programs and services from leading national companies. It’s an easy-to-use, valuable resource to help you make decisions about wellness while saving. Discounts are available for fitness center memberships and weight management programs such as Jenny Craig® and Nutrisystem®. To take advantage of these special discounts, log on to ibxpress.com.

5. Reimbursements

The ordinary decisions we make every day are what help us stay on the road to good health. Healthy Lifestyles℠ Solutions reimbursements reward you for taking the small steps that can add up to big changes in your health.

- **Get Fit!** Receive up to $150 back on fitness center fees when you complete 120 workouts during a 365-day program period.
- **Be a quitter!** Receive $150 back when you complete your choice of proven tobacco cessation programs. Plus, if the program you choose costs less than $150, you may apply the difference toward reimbursement of nicotine replacement products.
- **Aim for a healthy weight.** Receive up to $150 back when you complete a weight-loss program, such as Weight Watchers, Weight Watchers online, or a hospital-based program.

Visit ibx.com/reimbursements for more information on these reimbursement programs.

6. Care management

Our care management programs are designed to assist you by coordinating your health care needs — whether you are expecting a baby or have a chronic condition.

Our case managers, referred to as Health Coaches, are registered nurses and social workers who pair their expertise with knowledge of IBC benefits to offer you support and guidance. From our maternity program to oncology case management, there’s a Health Coach who can help you prepare for a doctor’s visit, find the right treatment, or answer questions about your care.

Independence Blue Cross offers products directly, through its subsidiaries Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield—-independent licensees of the Blue Cross and Blue Shield Association.