



Monroe Community College Open Enrollment

Making the most of your health plan



Excellus



National strength.
Local focus.
Individual care.™

A nonprofit independent licensee of the Blue Cross Blue Shield Association

Perks included with your health plan:

- Blue365 and Healthways Fitness Your Way
- Telemedicine
- Prescription Home Delivery
- Quit For Life
- Advance Care Planning
- Choosing Wisely
- Website Tools
- New Member ID Card



Blue365 and Healthways Fitness Your Way

Discounts on health and wellness products and services



Blue365 – making health a big deal

Save Money - Enjoy exclusive discounts at top health and wellness retailers around the country.

- Fitness gear, gym memberships, family activities, healthy eating and more.

Get Weekly Deals - Each week you can get great deals delivered right to your inbox.

The screenshot displays the Blue365 website interface. At the top, the Excellus logo is on the left, followed by the Blue365 logo. To the right, there are navigation links: "Browse All Deals", "How It Works", and "My Account/Logout". A greeting "Hello, Cynthia" is visible. Below the navigation is a dark blue banner with the text "Because Health is a big deal.™" and "Blue365 offers access to health and wellness deals exclusive to Blue members."

The main content area features a large promotional card for "This Week's Deal" in the "FITNESS" category. The deal is for "THE WEARABLES STORE-YOORX" with a "\$20" discount on the "YOORX Wellness and Fitness Band". A "VIEW DETAILS" button is at the bottom of the card. To the right of the card is a large image of a man in a crouching position, and further right is a product image of two fitness bands (one black, one white).

Below the main card is a section titled "Check Out Some Other Great Deals:" with a "See All Deals" link. It contains three smaller deal cards:

- HEALTHY EATING:** "DOLE" - Free Access to Nutrition Educational Resources. Includes a "VIEW DETAILS" button and a star icon.
- FITNESS:** "THE WEARABLES STORE-YOORX" - Save \$20 on The YOORX Wellness and Fitness Band. Includes a "VIEW DETAILS" button and a star icon.
- FITNESS:** "SNAP FITNESS" - 50% Discount on Enrollment Fees and 5% Discount on Monthly Dues. Includes a "VIEW DETAILS" button and a star icon.

On the right side of the page, there is a light blue box with the text "Looking for Something More?" and "We're always on the lookout for healthy deals. But if there's something we've missed, tell us what deals you'd like to see on Blue365." Below this text is a "LET US KNOW" button.

Healthways Fitness Your Way

Gym Membership - a passport membership to all participating gyms

- 28 facilities in Monroe County; 9,500 nationwide
- less expensive than many gym memberships: \$25 enrollment fee; \$25/month; 3 month minimum commitment
- offers flexibility: members can join multiple gyms with one fee



Signing up for Blue365, Healthways

Blue365

www.blue365deals.com

Need member card to register

Receive weekly emails with discounts

Go to website to browse all deals (ongoing and weekly)

Healthways Fitness Your Way

Access the program through the Blue365 website

Need member card to register

Go to <https://fyw.healthways.com/> to search by zip code or town for gyms

Telemedicine

A new avenue for patient care

Excelsus  

When you are sick... 4 ways to access care:



Your primary doctor is your first point of contact when you are sick



For urgent issues when your primary doctor is not available



Emergency Room:
For true medical emergencies

And starting January 1, 2017, Telemedicine:



Call Toll-Free



See the Doctor On Your Smartphone



See the Doctor Online

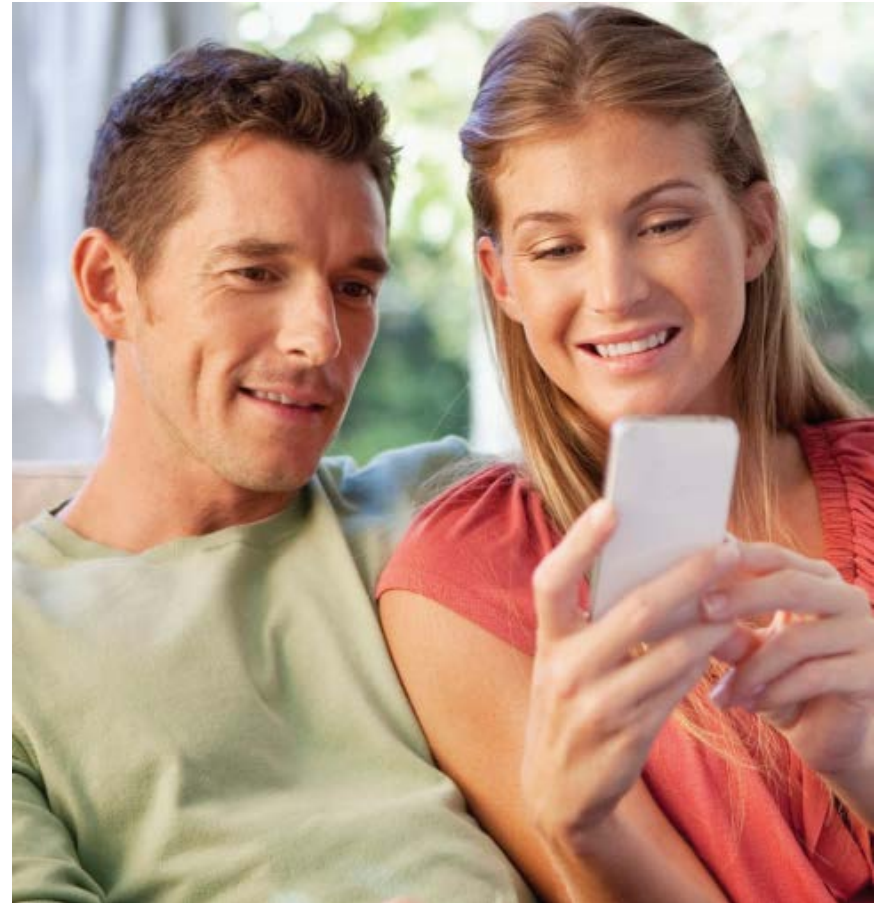
Affordable ♦ On-Demand ♦ Virtual Health Care

What is Telemedicine?

24/7/365 on-demand access to U.S. board certified doctors and pediatricians— anytime, anywhere.

Doctors can:

- Diagnose your symptoms
- Prescribe medication (when appropriate)
- Send the prescription to your nearest pharmacy



When to use Telemedicine

- 24/7/365
- If your primary care doctor is not available
- Instead of going to the ER or an urgent care center (for a non-emergency issue)
- To request prescription refills
- If traveling and in need of medical care

Perfect for non-life threatening conditions when your physician is not available

Adult care

- Allergies
- Asthma
- Bronchitis
- Cold & flu
- Diarrhea
- Ear infection
- Fever
- Headache
- Infections
- Insect bites
- Joint aches & pains
- Nausea & vomiting
- Pink eye
- Rashes
- Sinus infection
- Sore throat
- Sunburn
- Urinary tract infection

Pediatrics

- Cold & Flu
- Constipation
- Earache
- Fever
- Nausea & Vomiting
- Pink Eye
- And more!

Registration for Telemedicine is easy

Register online
at [ExcellusBCBS.com/
Telemedicine](https://ExcellusBCBS.com/Telemedicine)

Or call
1-866-692-5045



When you register, you will need:

- ✓ your name & address
- ✓ date of birth
- ✓ phone number(s)
- ✓ Excellus BCBS membership ID Number
- ✓ a unique username and password
- ✓ the answer to a security question of your choice
- ✓ name, address, fax number and phone number of your primary care provider and/or pediatrician.

Prescription Mail Order

Saving you time and money

Excelsus  



Mail order for your prescriptions:

Wegmans Home Delivery & Express Scripts

- Ideal for members taking **maintenance** medications
- Increased **convenience** with home delivery
- **Easy** refills via the internet or telephone
- 90 day fill for 2 copays = **\$\$\$ savings** for members

To use Prescription Home Delivery:

Wegmans Home Delivery

- Call a Wegmans Home Delivery Customer Service Representative at 1-800-586-6910
- Complete the sign up forms and send in with your prescriptions. Forms are available at wegmans.com/pharmacy. Follow the links for Free Home Shipping

Express Scripts

- Call a Prescription Plan Specialist at 1-855-315-5220
- Register at Express-Scripts.com

Excellus BCBS Pharmacy Help Desk

Our licensed, clinical pharmacists are experienced in answering medication-related questions from members and their physicians.

Phone: 1-800-724-5033

Hours:

Mon-Thurs: 7am – 7pm

Friday: 9am – 7pm

Saturday: 8am – 1pm



More perks of Excellus membership

Quit For Life, Advanced Care Planning, Choosing Wisely,
ExcellusBCBS.com website tools, and new member cards



Quit for Life[®]

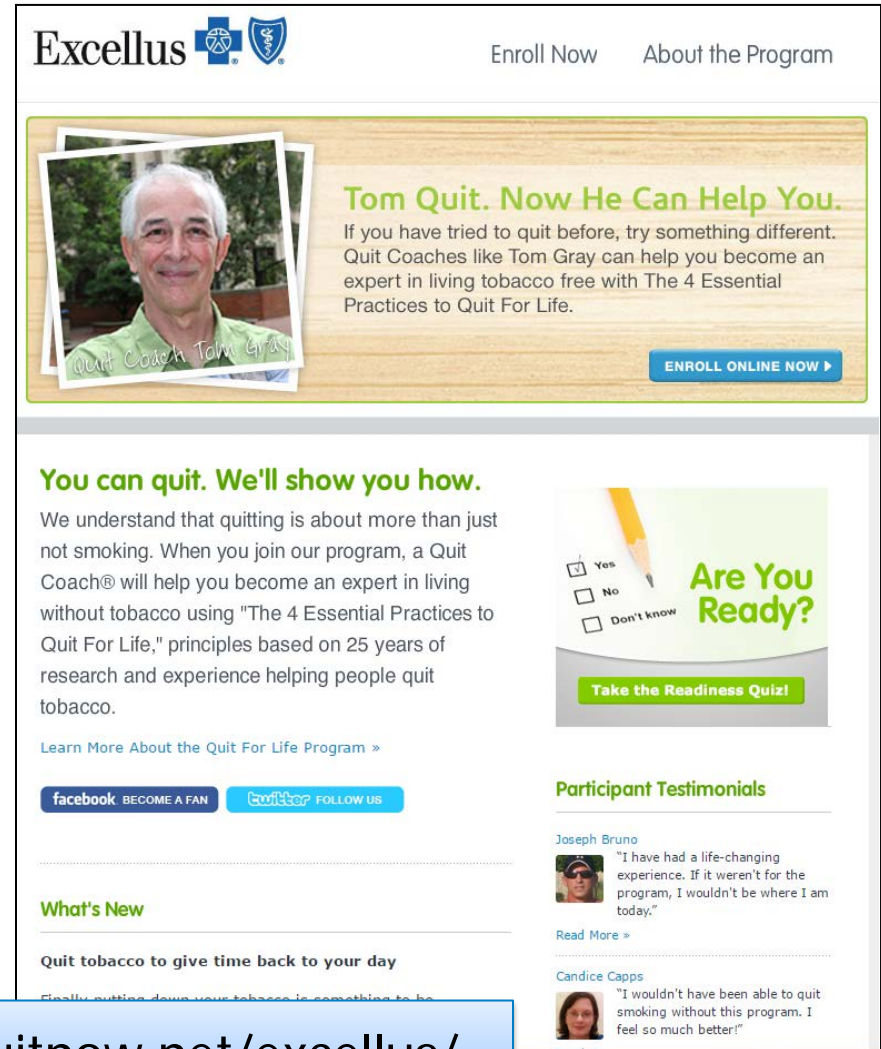
Award-winning program to help you quit using tobacco for good.


- One-on-one telephonic counseling with a masters level counselor
- 8 weeks of free nicotine replacement products (patch and/or gum) delivered to your home, if recommended
- Interactive discussion forums available 24/7
- Easy-to-use Quit Guides for support between sessions and for use by family and friends

Industry leading 42% quit rate.

1-800-442-8904

www.quitnow.net/excellus/



Excellus  [Enroll Now](#) [About the Program](#)

Tom Quit. Now He Can Help You.
If you have tried to quit before, try something different. Quit Coaches like Tom Gray can help you become an expert in living tobacco free with The 4 Essential Practices to Quit For Life.

[ENROLL ONLINE NOW ▶](#)

You can quit. We'll show you how.
We understand that quitting is about more than just not smoking. When you join our program, a Quit Coach[®] will help you become an expert in living without tobacco using "The 4 Essential Practices to Quit For Life," principles based on 25 years of research and experience helping people quit tobacco.

[Learn More About the Quit For Life Program >](#)

[facebook](#) BECOME A FAN [twitter](#) FOLLOW US

What's New
Quit tobacco to give time back to your day

Participant Testimonials

Joseph Bruno
"I have had a life-changing experience. If it weren't for the program, I wouldn't be where I am today."
[Read More >](#)

Candice Capps
"I wouldn't have been able to quit smoking without this program. I feel so much better!"

Advance Care Planning

Advance care directives allow you to spell out what level of medical treatment or interventions you would want in the event that you become unable to speak for yourself.

Share these documents with your medical care providers, family members and the person you have designated as your Health Care Proxy:

- Health Care Proxy
- Living Will
- MOLST and DNR

The screenshot shows the homepage of the website www.compassionandsupport.org. The header features the organization's logo and navigation buttons for "Patients & Families" and "Professionals". The main content area includes a video player for "Five Easy Steps" featuring Dr. Bomba, a banner for "NATIONAL HEALTHCARE DECISIONS DAY", and several quick links for "Advance Care Planning", "Play MOLST Videos", "Find MOLST Trainer", "Use the MOLST Training Center", and "Order Resources". The footer contains a "Welcome to Compassion and Support" section with an introduction to Dr. Bomba's work, a "Featured Topics" section with links to various articles and reports, and a "News and Events" section with links to recent news items. Social media links for Facebook and Twitter are also present.

www.compassionandsupport.org

What is Choosing Wisely?

- A clinician-led initiative developed by the American Board of Internal Medicine (ABIM) Foundation in partnership with Consumer Reports.
- It promotes conversations between patients and clinicians to improve the quality of care and reduce the use of unnecessary services that have little or no proven benefit.
- More than 70 medical societies have contributed more than 450 recommendations of tests and treatments they say may be wasteful and should be discussed.
- For more information, check <http://consumerhealthchoices.org/excellusbcbs/>



An initiative of the ABIM Foundation

Choosing Wisely

5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

- 1 Do I really need this test or procedure?**
- 2 What are the risks and side effects?**
- 3 Are there simpler, safer options?**
- 4 What happens if I don't do anything?**
- 5 How much does it cost, and will my insurance pay for it?**

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ExcellusBCBS.com website tools

Access the ExcellusBCBS.com website for tools that can help you manage your account and your health

For Your Health

- 6000+ Health Topics – research your health questions
- Health Risk Assessment
- Blue365 and Healthways Fitness Your Way

Manage Your Account

- View plan information
- Check your claims
- Order a new member card

Find a doctor or pharmacy



New Member ID Cards

Coming in December!

Member Card


Refers to the physical item, which is the key to all your great benefits.

Subscriber Name

The individual who holds the actual contract with us. Not every member has a unique number.

Subscriber ID

The unique nine-digit number. Dependents are covered on Subscriber ID, since the subscriber is the contract holder.

Excellus		HealthyBlue	
Subscriber Name SMITH, JOHN		You are enrolled in a PPO product. Dependents are not listed on PPO ID cards. No referrals are required.	
Subscriber ID YOM 000000031			
Effective Date	05/06/2016	Plan	PPO
Plan Code	302/802	PCP Copay	\$25
RxBIN	003585	Children up to age 19	\$0
RxPCN	74000	Specialist Copay	\$40
		Emergency Copay	\$250
			Rx

Thank you

Make the most of your health plan

Excelsus  