HEALTH ENHANCEMENT PROGRAMS

For MIIA/Blue Cross Blue Shield Subscribers on an active health plan.

MIIA Wellness

PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
2nd.MD	MIIA/Blue Cross Blue Shield Subscribers, spouses and dependents on an active health plan.	Virtual expert medical consultation and navigation service. Connect with Board Certified specialists about diagnosis, treatment plans, second opinions, and more.	Learn more about 2nd.MD Activate 2nd.MD or call 1-866-269-3534
Good Health Gateway	All MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents with Diabetes or Pre-Diabetes on an active health plan.	Diabetes management rewards program providing $0 copay for diabetes medications and supplies to those adherent to the program.	Learn more about Good Health Gateway Enroll in Good health Gateway
Headspace	MIIA/Blue Cross Blue Shield Subscribers. Subscribers may enroll 5 friends or family, free of charge (regardless of health plan status).	Mindfulness and Meditation app. Access the full Headspace library including content for sleep, focus, stress & anxiety, movement, and more.	Learn more about Headspace Enroll in Headspace
Hinge Health	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+) on an active health plan.	Virtual physical therapy to support muscle and joint health, decrease and prevent joint pain, to help live a healthy, and pain free life.	Learn more about Hinge Health Enroll in Hinge Health
Maven	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+) on an active health plan.	24/7 Virtual support for Family Building, Pregnancy, Parenting, and Menopause.	Learn more about Maven Enroll in Maven
Smart Shopper	MIIA/Blue Cross Blue Shield subscribers, spouses and dependents on an active health plan.	Cash back rewards on non-urgent medical procedures when using a preferred provider.	Learn more about Smart Shopper Log into bluecrossma.org and click "Smart Shopper" or call 1-877-281-3722 to activate Smart Shopper.
Wellness Coaching	MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents (age 18+).	Up to 10 coaching sessions per year. Certified Wellness coaches provide guidance, accountability, and support to help identify and meet goals specific to you and your lifestyle.	Learn more and get started with a Certified Wellness Coach

= open to MIIA Medicare Retirees

HEALTH ENHANCEMENT PROGRAMS

For all employees regardless of health plan status.

MIIA Wellness

PROGRAM	ELIGIBILITY	DESCRIPTION	GET STARTED
Employee Assistance Program (EAP)	All employees and their household members regardless of health plan status.	In-person, telephonic, or virtual counseling, training courses, management consultations, critical incident debriefing, work/life resources and support.	Learn more about the EAP Get support from the EAP
Learn to Live	All employees and their household members (age 13+) regardless of health plan status.	Virtual programs, clinical assessments, and coaching based on Cognitive Behavioral Therapy. Address stress, anxiety & worry, depression, substance abuse, and more.	Learn more about Learn to Live Enroll in Learn to Live
Ompractice	All employees and their household members (age 13+) regardless of health plan status.	Live, virtual movement and mind/body classes including Yoga, Tai Chi, Pilates, HIIT, Meditation, and more!	Learn more about Ompractice Register for Ompractice
MIIA Winners	All employees & their spouses, & retirees enrolled in a MIIA/BCBS health plan. Only MIIA/Blue Cross Blue Shield subscribers are eligible for rewards	Virtual wellness platform offering online challenges, interactive programs, health videos, and recipes to support healthy habits. Available anytime on desktop or smartphone.	Get started on MIIA Winners* *use code: **miia4all** if creating a MIIA Winners account
MIIA Pathways	All employees & their spouses, & retirees enrolled in a MIIA/BCBS health plan. Only MIIA/Blue Cross Blue Shield subscribers are eligible for rewards	24/7 Virtual behavior change program to support fitness, nutrition, mental wellbeing, sleep, and weight loss.	Learn more about Pathways Begin a Pathway* *use code: **miia4all** if creating a MIIA Winners account
Quizzify 2 Go	All employees and their household members regardless of health plan status.	Doctor Visit prep kits, covering over 200 topics, to help you prepare for your next clinical visit.	Visit Quizzify 2 Go

= open to MIIA Medicare Retirees