



A Monthly Newsletter

Volume 5, Issue 7 October 2007

Health Care Decision Support

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Test Your Wellness

Receive \$25 Incentive to complete the BCBS Health Risk Appraisal.

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Blues On CallSM

Your Resource for Health Decision Support

Be proactive about your health care and call a Blues on Call Health Coach today! Health Coaches are registered nurses who can give you up-to-date, easy-to-understand information about medical conditions and treatment options. They are there to help you understand your treatment options and work more closely with your doctor.

You can call a Health Coach 24 hours a day, 7 days a week. Here are some things you might discuss with your Health Coach:

- How you're feeling and the seriousness of symptoms you may be experiencing
- Questions and concerns about upcoming procedures and tests as well as your treatment plan and prescriptions
- Support you may need when you or a loved one is discharged from a hospital
- Keeping track of important health information, like blood pressure and cholesterol levels
- Setting and reaching health goals

By taking a shared-decision approach, Blues on Call Health Coaches are there to help you make appropriate health care decisions based on your individual values and preferences.

Call a Blues on Call Health Coach today:

Toll free at 1-888-BLUE-428 or

Log on to www.mybenefitshome.com

Any Discussion you have with a Health Coach is completely confidential. They are there to assist you understanding the Plan Provisions and in identifying the highest quality facility in which you will receive the most effective care!

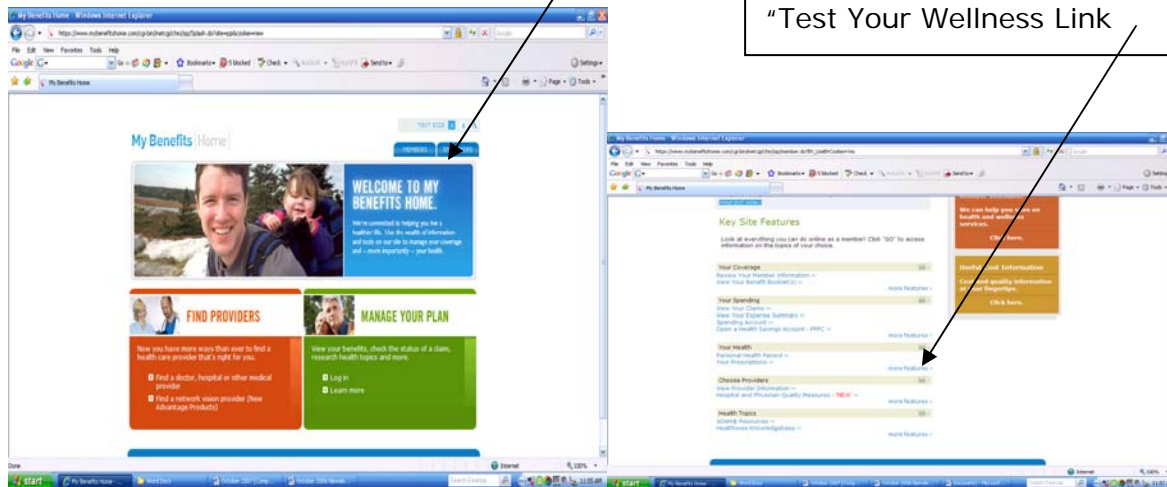
Eligible employees for the \$25 incentive are those plan participants enrolled in an ICUBA Blue Cross Blue Shield medical plan. Disbursements occur within 45-days of completion of the questionnaire. Remember to have your lab values in hand in order most effectively use the tool.

It's that time of year again to participate in the Wellness Benefit Initiative and receive a \$25 incentive. Employees enrolled in an ICUBA medical plan may log into www.mybenefitshome.com and take the assessment between September 1st and November 30th and receive either:

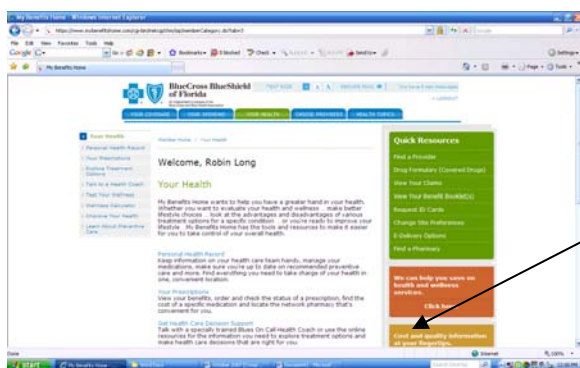
- ✿ A one time \$25 deposit into your current Health Reimbursement Account or,
- ✿ A one time gift card for eligible medical expenses

To take advantage of this offer and collect your \$25 incentive, follow these three simple steps:

STEP ONE - Log into www.mybenefitshome.com:



STEP THREE - Scroll down to the bottom of the page and select the **Test Your Wellness** hyperlink:



It only takes about 10 minutes to complete the Health Risk Appraisal. Once you do so, a Personal Guide to improve your health is generated for your behalf.

