



Supporting you in your health goals

Programs and services to inspire healthy habits

Extra support included in your MEA Benefits Trust health plan — starting July 1, 2023

If you want to develop healthy habits, we are here to encourage, inspire, and reward you in your journey to better health. Your health plan comes with a rewards program and several helpful resources to support your health and well-being.

Virgin Pulse Wellness

Virgin Pulse is a unique online wellness platform with tools and support to help you make changes to your physical health, activity level, mental health, and day-to-day stress.

You can be rewarded for your healthy habits with up to \$250 in cash incentives and choose from more than 100 points-earning activities.¹

New to Virgin Pulse!

Secret Level 5: A new Secret Level 5 has been added! Earn a chance at one of five drawings each for \$50.00 in Pulse Cash.

How to get started:

- Register on the Virgin Pulse enrollment page:
 - Scan this QR code with the camera on your mobile device, or go to join.virginpulse.com/MEABT.
- Already a member? Sign in at member.virginpulse.com.
- Questions? Contact Virgin Pulse Customer Service at **855-689-6884**.



Diabetes Prevention Program offered by Lark

The Lark program is designed to help participants make meaningful lifestyle changes through coaching and education that will prevent or delay the onset of type 2 diabetes. Upon qualified registration, participants will receive a wireless scale and as participants progress through four milestones they will improve their health, reduce their diabetes risk, and have the opportunity to earn a fitness tracker and 5,000 Virgin Pulse Points. Participants can access the program through the Sydney Health app to see if they qualify.



We've expanded your virtual care options

Through the **Sydney Health** app, you can chat with a doctor or have a video visit at no additional cost.

- Comprehensive primary care, coordinated by a care team.
- Preventive care through virtual annual wellness visits and lab screenings.^{4,5}
- Urgent care, 24/7.
- A personalized care plan and follow-up visits.
- Guidance on the care you need based on feedback you provide in the Symptom Checker.
- Unlimited access to care for common health concerns, like flu or allergy management, as well as prescription refills and referrals.⁵

Member Assistance Program

Your Member Assistance Program (MAP) offers valuable resources designed to help you overcome challenges that can impact your health, family life, and job performance:

Call your Member Assistance Program at **855-686-5615**.



Emotional Well-being Resources

Emotional Well-being Resources, administered by Learn to Live, provides digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness, and includes one-on-one coaching to help you prioritize wellness.

Scan this QR code with your phone's camera, or go to anthem.eap.com and enter "MEABT" to get started.



If you'd rather talk, call the Member Assistance Program at **855-686-5615**.

ConditionCare

ConditionCare is Anthem's health and wellness program to help you understand and manage long-term health conditions, including:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure
- Coronary artery disease
- Diabetes

If you have one of these health conditions, please call **866-962-0960** to learn more or take part.

Future Moms

If you are pregnant or planning to have a baby, Anthem's Future Moms program connects you with nurse coaches, 24/7, and includes video visits with a certified lactation consultant. Breast pumps are also available at no extra cost through a network covered provider.

As soon as you know you are pregnant, call **866-347-8360**.

24/7 NurseLine

You can speak with a registered nurse when you have health questions or need help finding care. Please call **800-337-4770**, anytime, day or night.

Blue View Vision

Regular eye care is not only important for maintaining good eye health, but routine exams can detect early warning signs of serious health problems when they are easier to treat. That means taking care of your eyes can help protect your overall health.

Blue View Vision offers you coverage for comprehensive eye examinations, eyeglasses, and contact lenses. For more information, please review your Blue View Vision *Summary of Benefits* or call **866-723-0515** to talk with a representative.

To make the most of your vision benefits and save money, see eye doctors in your Blue View Vision plan's network. Log in or register at anthem.com. Select **Find Care**, then **Vision**.

Flu shots

Anthem and the MEA Benefits Trust program work with local care providers and your school's health services to provide you with local clinics where you can receive your yearly flu shot.

LiveHealth Online

You can virtually visit with a board-certified doctor, psychologist, or psychiatrist from your smartphone, tablet, or computer with a camera when you can't go to a doctor or clinic in person.² LiveHealth Online is included at no additional cost.

- Dermatologists can diagnose and provide a treatment plan in under three days for skin, hair, and nail conditions based off uploaded photos, and write a prescription, if necessary.³
- Doctors can treat rashes, infections, colds, and the flu, provide sleep and lactation support, and write prescriptions if they feel you need one.³
- Psychologists and therapists can provide talk therapy, while a psychiatrist can prescribe medicines, if you need them. They can even send a prescription to your pharmacy.³

Sign up at livehealthonline.com or download the app to begin. You can also call LiveHealth Online at **844-784-8409** from 7 a.m. to 11 p.m. ET.

1 Only a subscriber and their enrolled spouse or domestic partner, or dependents, age 18 or older, are eligible for program rewards.
2 Appointments are subject to the availability of a therapist. Psychologists or therapists using LiveHealth Online cannot prescribe medications. Online counseling is not appropriate for all kinds of issues. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (Suicide and Crisis Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.
3 Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.
3 Prescription availability is defined by physician judgment. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.
4 Your virtual annual preventive care (wellness) visit is covered in full unless your employer has a limit or cap under your benefit plan.
5 Eligible employees are those who have not yet had a wellness visit during the plan year, either virtual or in person, and their organization has chosen to offer the virtual primary care experience without a limit or cap under your benefit plan. If an employer group has a cap on the number of preventive care (wellness) visits and the employee has exceeded the cap but would like to have another wellness visit, they may be responsible for copays and other out-of-pocket costs for the visit. Employees should consult their benefit plan and/or contact Member Services if they have any questions.
6 Your doctor will determine if a prescription is needed at time of visit.

Diabetes Prevention Program is provided by Lark, an independent company.

The Virgin Pulse wellness program is a stand-alone wellness program administered by Virgin Pulse.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

We want to help and will be here when you need us:

ConditionCare	866-962-0960
Future Moms	866-347-8360
24/7 NurseLine	800-337-4770
Member Assistance Program	855-686-5615
Virgin Pulse	855-689-6884
MEA Benefits Trust.....	888-622-4418 (meabt.org)
Blue View Vision.....	866-723-0515
LiveHealth Online	livehealthonline.com
Lark Diabetes	Lark.com/anthem