

Get a personalized plan to help you get and stay healthy.

Health and wellness programs for MEA Benefits Trust members

MEA Benefits Trust health plan members can get extra support at no extra cost.

ConditionCare

An Anthem Blue Cross and Blue Shield program for people with:

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

If you have one of these health issues, call **866-596-9812** to join ConditionCare.

Members who use ConditionCare can also save on covered medical services and prescription drugs that help manage the condition. Your covered family members may use ConditionCare, too.

Future Moms

If you're pregnant or planning to become pregnant, take advantage of Anthem's Future Moms program. You'll get educational materials, and you can call registered nurses 24/7 for pregnancy questions and support after your baby is born.

Call **866-347-8360** as soon as you know you're pregnant to start earning your rewards.

24/7 NurseLine

Talk to a registered nurse when you have health questions or need help finding the right care. Just call **800-607-3262** toll free to reach this Anthem program 24 hours a day, seven days a week.

Flu shots

This Anthem and MEA Benefits Trust program works with local providers or your school's health services to provide annual flu shot clinics.



Rewards

When you join ConditionCare, you'll earn a \$100 gift card from one of more than 200 major retailers. Work with your nurse coach to manage your condition. After you graduate from the program, you'll get another \$100 gift card.

You'll also receive valuable gift cards when you enroll in Future Moms. Choose a \$100 gift card from hundreds of your favorite retailers when you complete a phone assessment with a Future Moms nurse during your first trimester, another during your second trimester and a third after your baby is born. That's \$300 in gift cards if you enroll in Future Moms early in your pregnancy.



MEA
Benefits Trust

Onlife Health wellness program

With this MEA Benefits Trust wellness program through Onlife Health, you can earn and redeem points for prepaid debit cards by getting screenings, working with a health coach, completing challenges and other activities. Employees, retirees, spouses/domestic partners and dependents age 18+ are eligible if covered under the MEABT health plan. To learn more:

1. Log on through OnlifeHealth.com or visit the Onlife Health link at meabt.org/wellness-programs.
2. Click Get Started and log in with keycode MEABT.
3. Follow the directions to create your username and password. You'll need them whenever you access the site.

Start earning points today. Each point you earn is worth \$1. You can redeem points for prepaid debit cards in \$50 increments – up to \$150 per plan year. Visit onlifehealth.com.

The Member Assistance (MAP) program is free and confidential. Even if you're not on the health plan.

You and your family can get help solving a wide range of problems. From relationship concerns to coping with stress or substance abuse. Just contact the MEA Benefits Trust Member Assistance program (MAP) through Anthem Blue Cross and Blue Shield in Maine – regardless of insurance coverage. If you're employed by an MEABT member school district, anyone in your household can use the MAP. Call the MAP 24/7 to set up free visits with licensed therapists, attorneys, financial advisers and other professionals.

855-686-5615

anthemEAP.com

Password for all: MEA Benefits Trust

Need help?

Here's a list of program phone numbers to keep handy.

- *ConditionCare* – 866-596-9812
- *Future Moms* – 866-347-8360
- *ConditionCare and Future Moms gift card information* – 877-489-6505
- *24/7 NurseLine* – 800-607-3262
- *Member Assistance program (available regardless of insurance coverage)* – 855-686-5615
- *Onlife Health program* – 877-806-9379
- *Onlife Health reward cards* – 888-371-2109
- *MEA Benefits Trust* – 888-622-4418, meabt.org

