

Supporting you in your health goals

Programs and services to inspire healthy habits



Extra support included in your Maine Education Association (MEA) Benefits Trust health plan — starting July 1, 2024

If you want to develop healthy habits, we are here to encourage, inspire, and reward you on the path to good health. Your health plan comes with a rewards program and various helpful resources to support your health and well-being.

Virgin Pulse Wellness

This well-being program can help you build healthy habits, manage stress, stay active, and make healthy changes. By staying engaged in the Virgin Pulse program, you'll earn points towards \$62.50 each quarter and up to \$250 a year. As an added bonus, once you've finished Level 4, Secret Level 5 will be unlocked. Upon completing Level 5, participants will earn a chance at one of five drawings each for \$50 in Pulse Cash.¹

How to get started:

- Register on the Virgin Pulse enrollment page:
 - Scan this QR code with your phone's camera 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

Lark is a personal diabetes prevention coaching program that can help you determine if you're at risk for prediabetes and, if needed, take steps to address it. To see if you could benefit from this no-extra-cost program, go to

lark.com/anthem or scan the QR code with your phone's camera and take a quick survey.

You can also access Lark using the **Sydney**SM

Health app under *Programs* in *My Health Dashboard*.



Upon qualified registration, participants will receive a wireless scale. As participants progress through four milestones, they'll improve their health, reduce diabetes risk, and have the opportunity to earn a fitness tracker and 5,000 Virgin Pulse points.

ConditionCare

ConditionCare is our health and wellness program that helps you understand and manage long-term health conditions, including:

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

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

Member Assistance Program

Your Member Assistance Program (MAP) offers valuable resources 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 anthemeap.com and enter "MEABT" to get started.

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



Virtual care options

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

The app also offers:

- Comprehensive primary care, coordinated by a care team.
- Preventive care through virtual annual wellness visits and lab screenings.^{2,3}
- 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.⁴

Scan this QR code with your phone's camera to download and log in to Sydney Health.



LiveHealth Online

You can have a video 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.⁵ 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.⁶
- Doctors can treat rashes, infections, colds, and the flu, provide sleep and lactation support, and write prescriptions if they feel you need one.⁶
- 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.⁶

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 Employees, retirees, spouses, domestic partners, and dependents 18 to 26 years old are eligible, if covered under the MEABT health plan.

² Your virtual annual preventive care (wellness) visit is covered in full unless your employer has a limit or cap under your benefit plan.

³ 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.

⁴ Your doctor will determine if a prescription is needed at time of visit.

⁵ 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. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

⁶ 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.

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

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

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider 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.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Virtual text and video visits powered by K Health.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

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.

Building Healthy Families

Building Healthy Families provides digital support for growing families through the Sydney Health app or on [anthem.com](https://www.anthem.com) at no extra cost. You can count on personalized support at every stage, from family planning and pregnancy through the toddler years. Plus, if your family story includes adoption, surrogacy, or single parenthood, the resources on your profile will be tailored to your needs.

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](https://www.anthem.com). Select **Find Care**, then **Vision**.

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.

Flu shots

Flu shots are administered by local health professionals or annual flu shot clinics at your school's health services.

We want to help and are here when you need us:

24/7 NurseLine: **800-337-4770**

Blue View Vision: **866-723-0515**

Building Healthy Families: **833-812-1776**

ConditionCare: **866-962-0960**

Lark Diabetes: lark.com/anthem

LiveHealth Online: livehealthonline.com

MEA Benefits Trust: **888-622-4418 (meabt.org)**

Member Assistance Program: **855-686-5615**

Virgin Pulse: **855-689-6884**