



BETTER HEALTH COLLECTIVE

Public entities, pooling for premium stability

Member Resource Guide

Get the most from your health benefits



Partner contact information

Health plan
administration



Member Customer Services: 877-321-0676
Web: bluecrossmn.com

Population health
management and wellness



Member services: 763-287-0740
Email: support@healthsource-solutions.com
Web: bhc.wellright.com

Fertility support



Member services: 888-597-5065
Email: members@progyny.com
Web: progyny.com

Disease prevention
and management



Member services: 888-409-8687
Email: support@omadahealth.com
Web: omadahealth.com

Employee
assistance program



Member services: 866-443-9435
Connect online: one.telushealth.com
Username: collective | Password: collective1

Virtual physical therapy



Member services: 855-902-2777
Email: help@hingehealth.com
Web: hingehealth.com

Blue Cross Blue Shield

Health plan

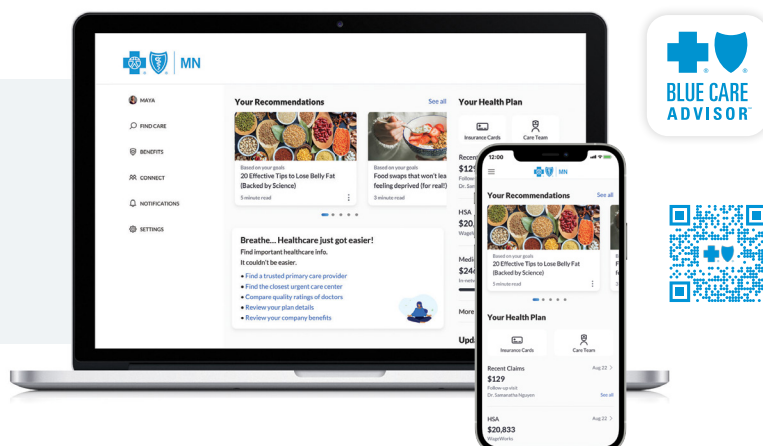
Blue Cross Blue Shield offers a health plan with broad coverage for many networks, as well as pharmacy, wellbeing, preventive care, and many other resources.



Get started:
bluecrossmn.com
 877-321-0676

Blue Care Advisor app

Access your healthcare on the go!
 Visit bluecrossmn.com/BCA or
 download the app from your app store.



Networks

Check to see if your preferred providers are in network for the plan in which you are enrolled. Log in at bluecrossmn.com/BCA to search providers in your specific network. Not a member? Visit bluecrossmn.com/FindADoctor.

Aware® Network

The largest Blue Cross network, featuring access to nearly every physician and hospital in Minnesota.

High Value Network

A network of providers throughout Minnesota. Includes HealthEast, Children's, Allina Health, CentraCare Health, M Health Fairview, Lakewood, Sanford Health, Gundersen Health, and Winona Health.

BlueCard® PPO

Access more than 2 million providers nationwide.

Blue Cross Blue Shield Global® Core

Access coverage in 190 countries and territories worldwide.

Preventive care

Most preventive visits are covered at 100% when seeing a doctor in network. Check your benefit booklet on your member website.

Each Blue Cross and/or Blue Shield plan is an independent licensee of the Blue Cross and Blue Shield Association. Each healthcare provider is an independent contractor and not our agent. It is up to the member to confirm provider participation in their network prior to receiving services. Blue Cross Blue Shield Global Core is a registered mark of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and/or Blue Shield plans.

Pharmacy benefits

Blue Cross works with Prime Therapeutics to provide a pharmacy network and a formulary (drug list). Using your pharmacy network and formulary medications can help you save money.

To find an in-network retail pharmacy and check to see if a drug is covered, log in to your member website to search pharmacies or medications:

Pharmacy search

Your pharmacy network name is listed on your benefit chart. If you go to an out-of-network pharmacy, you may pay the full cost of the prescription.

Medication search

The name of your formulary or medication list is listed on your benefit chart. Medications not on your formulary may cost you more.



Health and wellbeing resources

Wellness discount marketplace

Get significant savings on personal care, fitness and wellness goods and services from Blue365®.

Visit blue365deals.com/bcbsmn

Health management

Receive professional support for managing chronic or serious health conditions. Includes education, treatment plan support and community resource information.

Call 1-855-312-9107

Maternity management

Expecting and new parents can receive support and guidance from a maternity case manager.

Call 1-800-793-6916

Quitting tobacco and vaping

Take advantage of personalized guidance in making a quit plan and receive ongoing support from a wellness coach.

Call 1-888-662-BLUE (2583), TTY 711

Behavioral Health Resources

Whether you're navigating stress, anxiety, depression, or other behavioral health challenges, support is always within reach. Access therapy, counseling, substance use treatment, and comprehensive care for children and teens with a wide range of confidential services, both virtual and in-person.

Visit bluecrossmn.com/BehavioralHealth



HealthSource Solutions

The Wellness Program

Wellness incentives

The Wellness Program from HealthSource Solutions supports employee health through preventive care, challenges, education, and wellbeing resources.

Employees on the Better Health Collective health plan earn points toward wellness incentive payouts by completing a variety of wellness challenges before December 15 each year:

- Preventive care and routine screenings
- Team activity and behavior challenges
- Health education trainings
- Emotional wellbeing
- Financial wellbeing and planning
- Occupational satisfaction
- Social wellbeing and community
- Physical movement, nutrition, and healthy habits



Start earning today!

bhc.wellright.com

Use company code: bhc

support@healthsource-solutions.com

763-287-0740

Progyny

Fertility and family building

Progyny is specifically designed to offer the best chance of fulfilling your dreams of a family. No matter where you're at on your journey, you can lean on Progyny.

Comprehensive coverage

Fertility treatment (e.g., IUI, IVF, etc.) and family-building services for every unique path to parenthood

Personalized support

1:1 support from a Progyny Care Advocate (PCA) for expert guidance on each unique fertility journey

High quality care

Convenient access to a network of top fertility specialists across the US.

Progyny coverage includes:

- Preconception and trying-to-conceive support through coaching and digital resources
- Fertility treatment coverage (e.g., IUI, IVF, etc.)
- Reproductive urology services for sperm-related treatments
- Progyny Rx fertility medication coverage
- Fertility preservation coverage for egg and sperm freezing
- Donor tissue coverage for egg and sperm tissue purchase.



Get started:

[Progyny.com](https://progyny.com)

members@progyny.com

833.208.8447

Note: The person(s) receiving fertility treatment must be enrolled in an eligible medical plan through the employer to have access to the Progyny benefit. You are subject to financial responsibility according to your plan.



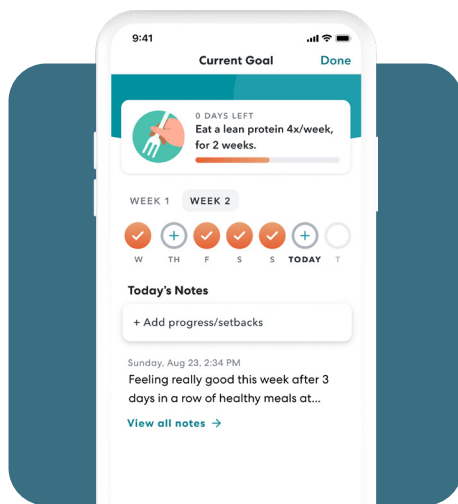
Omada

Support for chronic health conditions

Omada® helps people manage diabetes, lower blood pressure, or lose weight with one-on-one health coaching and the tools needed to build healthy habits that stick.

With Omada, members get:

- One-on-one support from a health coach, including a specialist for members with diabetes or blood pressure needs
- OmadaSpark AI: Get answers to food-related questions and ideas for healthier meals and snacks
- Easy food tracking: Just snap a picture, scan a barcode, speak or type in meals



Get started:
omadahealth.com/betterhealth
 888-409-8687

Omada is covered by Better Health Collective for employees and adult (age 18+) family members enrolled in a Blue Cross® and Blue Shield® of Minnesota health plan, provided they are at risk for type 2 diabetes or heart disease, or if they are living with diabetes or high blood pressure.

*Certain features and smart devices are only available for certain programs and if you meet program and clinical eligibility requirements. †The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or [FreeStyleLibre.us](https://www.FreeStyleLibre.us) for safety info. Images, including apps, do not reflect real members or information about a specific person.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

The Omada Program is from Omada Health, Inc., an independent company providing digital care programs.

TELUS Health EAP

Confidential phone line and Employee Assistance Program

Life can be complicated. TELUS Health's Employee Assistance Program (EAP) offers a confidential phone support line and wellness resource library, providing short-term support for employees' mental, financial, physical, and emotional wellbeing — 24 hours a day, 365 days a year.

All employees are eligible, regardless of BHC health plan enrollment. Employees receive five visits/calls per topic, per year.

Life

- Retirement
- Midlife
- Student life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal issues

Health

- Mental health
- Addictions
- Fitness
- Managing stress
- Nutrition
- Sleep
- Smoking cessation
- Alternative health

Family

- Parenting
- Couples
- Separation/divorce
- Older relatives
- Adoption
- Death/loss
- Child care
- Education

Work

- Time management
- Career development
- Work relationships
- Work stress
- Managing people
- Shift work
- Coping with change
- Communication

Money

- Saving
- Investing
- Budgeting
- Managing debt
- Home buying
- Renting
- Estate planning
- Bankruptcy



Get started:

one.telushealth.com

Username: collective | Password: collective1

866-443-9435

Hinge Health

Virtual physical therapy and pain relief

Hinge Health offers virtual physical therapy and more from real people who are dedicated to helping everyone feel their best. Users can reduce everyday joint and muscle aches, recover from an injury, or relieve pelvic pain and discomfort.

- A care plan designed for everyday activities and long-term goals
- Exercise therapy sessions for as little as 15 minutes with the Hinge Health app
- 1-on-1 support from physical therapists or health coaches



Get started:

hinge.health/betterhealthcollective-join

help@hingehealth.com

855-902-2777

Doctor on Demand

Virtual doctor visits for common illnesses and conditions

Feeling sick? Get care quick. Doctor On Demand offers video visits in just minutes with no travel time and reduced fees, for urgent medical and mental health concerns.

Board-certified doctors are available 24/7 to treat many common medical conditions. Employees can also schedule a next-day appointment with licensed psychologists and psychiatrists between 7 a.m. and 10 p.m., local time. Costs are typically lower than an in-person visit.

Feel better fast

Doctor On Demand is just a phone call away to get care for physical and mental health:

- Cold and flu
- Sinus infections
- Nausea and vomiting
- Asthma
- Allergies and rashes
- Urinary tract infections
- Headaches and migraines
- Stress and anxiety
- Insomnia
- Depression and mood swings

Visit doctorondemand.com/bluecrossmn to learn more or sign up.

Doctor On Demand® by Included Health is an independent company providing telehealth services.

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BETTER HEALTH
COLLECTIVE

Public entities, pooling for premium stability

collectiverfp@sourcewell-mn.gov