



**BlueCross BlueShield
of North Carolina**





Your plan for better health.SM | bcbsnc.com

Member Health PartnershipsSM

Our confidential health management program for adults and children



Member Health Partnerships can help you better manage your overall health and your unique health conditions.¹ See the chart below to find out what our program offers for the following conditions.

Member Health Partnerships ¹	
Asthma 	<ul style="list-style-type: none"> + Free books with information to help you manage your asthma + Free peak flow meters, spacers and other tools from Edgepark Medical Supplies^{®1} by calling 1-800-321-0591 + Brand-name medications at generic copayments²
Diabetes 	<ul style="list-style-type: none"> + Learn how to control blood sugars and reduce your risk of developing complications + Free books with information to help you manage your diabetes + Free glucose meter available with an order of test strips³ from Edgepark Medical Supplies by calling 1-800-321-0591 + Deductible waiver for most diabetic supplies³
Fibromyalgia	<ul style="list-style-type: none"> + Free book with information to help you manage your fibromyalgia + Free educational materials to help you work more effectively with your health care provider
Heart disease	<ul style="list-style-type: none"> + If you have coronary artery disease or congestive heart failure, learn how to reduce your symptoms and manage stress + Discount of 40% on selected heart rate and blood pressure monitors and scales from Edgepark Medical Supplies by calling 1-800-321-0591 + Free books for congestive heart failure or coronary heart disease
High blood pressure and high cholesterol	<ul style="list-style-type: none"> + Free step counter, lifestyle diary, health survey feedback and semiannual magazine⁴ + Free information booklet
Managing your weight 	<ul style="list-style-type: none"> + Learn how to lose and maintain weight with the tools and support you need to live a healthy lifestyle + Free step counter, lifestyle diary, health survey feedback and semiannual magazine⁴ + Free book with information to help you manage your weight
Managing stress	<ul style="list-style-type: none"> + <i>Managing Stress Fast Guide</i> with advice on how to recognize hidden sources of stress and effective relaxation techniques + "A Day Away from Stress" CD guide with specific breathing exercises for relaxation mixed with soothing music and environmental sounds + <i>The Thinking Person's Stress Management Workbook</i> with techniques to manage stress
Migraine	<ul style="list-style-type: none"> + Free book with information to help you manage your migraines + Free educational materials to help you work more effectively with your health care provider
Quitting tobacco	<ul style="list-style-type: none"> + Successful quitting strategy with the information and support you need to make it work + Quit kit and discounts on nicotine replacement therapy + Toll-free North Carolina Tobacco Use Quit Line at 1-800-QUIT-NOW (1-800-784-8669)⁵ + Instant-message counseling through The National Cancer Institute's LiveHelp service at SmokeFree.gov
Additional programs	The Member Health Partnerships program offers specialty care for members with ALS, CIDP, cystic fibrosis, dermatomyositis, Gaucher disease, hemophilia (A&B), multiple sclerosis, myasthenia gravis, Parkinson's disease, polymyositis, rheumatoid arthritis, scleroderma, sickle cell disease or systemic lupus erythematosus ⁶
 = Available to children	

You'll see the benefits¹

Enrolling in Member Health Partnerships is your first step toward better health. The next step is to take advantage of the support materials and resources we provide you. When you enroll in Member Health Partnerships, you'll receive support materials and resources in the mail based on your customized program.

One-on-one answers to your health questions

Our specially trained nurses can answer health questions, help you find detailed health information, provide personalized support, and help you work more effectively with your health care team. All you have to do is call.

Keep money in your pocket with discounts and tools

Depending on your customized program, Member Health Partnerships gives you access to discounts and free or discounted tools that will help you manage your health plan, including:

- + Discount of 40% off selected scales for blood pressure and weight monitoring, blood pressure monitors and heart rate monitors
- + Select brand-name asthma drugs for the same copayment as generics²
- + Free peak flow meter and spacer for asthma
- + Free glucose meter
- + Deductible waiver for most diabetic supplies³

Nutrition counseling

When you enroll in the Member Health Partnerships program, you'll be covered for six nutrition counseling visits per year with a registered dietitian who can help you discover ways to eat healthier.⁷ Best of all, if you see an in-network dietitian in an office setting, there's no copayment.⁸

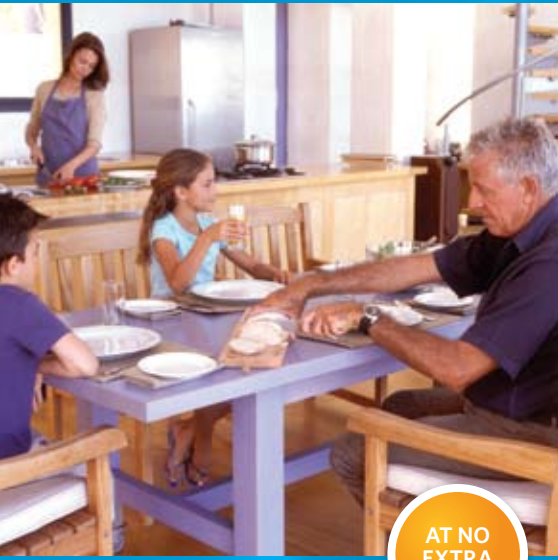
Semiannual magazine

Blueprints to Health^{SM1}, our Member Health Partnerships magazine, will arrive every six months, full of the latest information about general health-related topics to help you on your quest for better health.⁴

ENROLL TODAY!

Let us help you get started on your plan for better health. Call 1-800-218-5295 or visit bcbsnc.com/MemberHealthPartnerships.





AT NO
EXTRA
COST

Three easy ways to enroll

- 1 If you received a program enrollment packet, complete and return the enrollment survey included in the packet.
- 2 Call us at **1-800-218-5295** to sign up and complete the survey over the phone.
- 3 Download a survey from our Web site at bcbsnc.com/MemberHealthPartnerships.

- + Support materials and resources
- + Ongoing one-on-one phone support
- + Discounts on the tools you need for better health
- + Enrollment benefits that begin immediately
- + Easy to enroll, easy to follow

- 1 Blue Cross and Blue Shield of North Carolina (BCBSNC) provides the Member Health Partnerships (MHP) program for your convenience and is not liable in any way for the services received. BCBSNC reserves the right to discontinue or change the program at any time. Some employers have elected not to make the BCBSNC MHP program available to their employees. Check with your benefits administrator to determine your eligibility. Benefits available through the MHP program are subject to your current benefit plan and pre-existing waiting periods.
- 2 This benefit applies to inhaled corticosteroids and is available only to members who are enrolled in the MHP program who are covered under Blue Care®, Blue OptionsSM or Blue Advantage® plans and who have pharmacy benefits through BCBSNC. Applies to inhaled corticosteroids in Tier 2 of the BCBSNC clinical formulary. This benefit will not apply if you are enrolled in a high-deductible health plan.
- 3 Diabetic deductible waivers may not be available to all BCBSNC members. Any applicable coinsurance will still apply. This benefit will not apply if you are enrolled in a high-deductible health plan.
- 4 MHP program members will receive magazines for two years.
- 5 National Cancer Institute Smoking Quit Line provided by the National Institutes of Health and Cancer Information Services.
- 6 Services provided through Accordant Health Services Inc. BCBSNC and Accordant Health Services Inc. are not affiliated companies.
- 7 The nutrition counseling benefit is available to members participating in the BCBSNC MHP program. The benefit is available for members who have Blue Care, Blue Options or Blue Advantage plans. Some self-insured employer groups may choose not to offer this benefit.
- 8 Deductibles and coinsurance may apply for hospital-based dietitian visits or for an office visit if you are enrolled in a high-deductible health plan.

ENROLL
TODAY!

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