



INSURANCE NEWS



A Lenten Reflection on Your Well-Being

In this season of Lent, we are invited to pause and reflect on our walk with Jesus. We give thanks for the mercy and grace God has poured out on us. We turn from previous ways of living and toward God in new ways.

During this time, let's also take a closer look at our well-being. In evaluating all the ways we can be well, we may find areas of our life where we can move away from behaviors that are not supporting our well-being and toward actions which honor the blessings God has given us.

The first step to any lasting change is an honest assessment of where we are in the journey. The Well-Being Assessment on BlueConnectNC.com is open to active health plan insurees and can be a helpful tool in taking this first step. In about 20 minutes you can have a snapshot of your current health in five areas of your life - physical, emotional, financial, social, and spiritual. You'll receive simple advice, tools, and programs that you can use to improve your well-being. This step of making an assessment is so important that the NC Conference Insurance Committee has added it as a \$50 bonus on the Wellness INcentive (WIN) program!

Take the Well-Being Assessment to discover how you can improve your well-being thereby deepening your appreciation for the gifts of health, people, connections and support which God has placed in your life.

Get Paid to Shop for Medical Services

Ever shop online for books? Electronics? Now you can shop for your medical services through your current NC Conference Health Plan. Ever get *paid* to shop online? Your health plan does that, too! With SmartShopper you can shop for medical care, compare costs, and earn a cash reward.

Common procedures that will earn you rewards include mammogram and colonoscopy screenings, MRI and CT scans, knee replacement, and more. If you're planning a procedure, shop for a high quality, cost effective provider by either logging into your account on BlueConnectNC.com or calling a SmartShopper Personal Assistant at 1-877-702-6661 Monday -Thursday 8 am - 8 pm or Friday 8 am - 6 pm.

Schedule your procedure with a qualified provider and then go to your appointment. After your procedure has been filed through Blue Cross Blue Shield's claims process, you'll receive your cash reward of \$25 - \$500, depending on the procedure, in the mail. It's that easy!

Moving soon?

You will need to update your address change with Blue Cross Blue Shield. Participants should go to www.ebenefitsnow.com. Participants log in using their ID and password established during Open Enrollment.



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