

# NWSC Healthcare Management Programs

*We all know that the cost of healthcare is continuing to rise. Below are several programs offered to members of the NWSC Insurance Pools to help decrease costs, increase results and make managing benefits easier.*



## BCBS/MHC Insurance and Wellness Programs Member Customer Service 1-866-285-7702

<https://www.bluecrossmn.com/healthy/public/personal/home/customlanding/mnservcoop>

BCBS MN offers **Identity Protection** to employees and their covered dependents. The service includes credit monitoring, fraud detection and credit/identity repair.

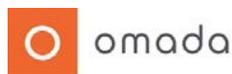


**Worksite Wellness** programs help our members build a customized wellness experience on-site that increases employee engagement and makes the healthy choice the easy choice for their staff.



**ShareCare** is an online tool that engages you in the evolving story of your health. Based on your RealAge results, the expert resources, guidance and programs are personalized for you to create a healthy life, lived to the fullest.

<https://bluecrossmn.sharecare.com/>



**Omada** is an online program that uses behavior science to help people lose weight, reduce their risk for chronic disease such as diabetes and heart disease, and feel better than they have in years.

<https://go.omadahealth.com/mhc>



**Learn to Live** offers mental health support through customized online programs based on the proven principles of Cognitive Behavioral Therapy (CBT). The programs are confidential, accessible anywhere, and based on years of research showing online CBT programs to be as effective as face-to-face therapy.

<https://www.learntolive.com/partners>



**Vitals SmartShopper** is an incentive driven health care redirection program that rewards employees with cash when they shop for and select lower-cost, high-quality facilities for treatments and procedures.

<https://BCBSMN.VitalsSmartShopper.com>



**Further** can help employees navigate through the complex world of health care spending with practical resources and tools, including a new app. Employees use their HSA/VEBA to buy a \$1 of healthcare for \$0.70.

<https://hellofurther.com/>



**Dr. On Demand** allows you to connect in minutes with board-certified doctors and therapists over live video. They provide treatment for 90% of the most common health conditions, for less than an average office visit all from the comfort of home.

<https://www.doctorondemand.com/bcbsm>

## For more information contact:

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