

bcbs health and wellness

BCBS Health and Wellness: Your Guide to a Healthier, Happier You

Are you a BCBS member looking to unlock the full potential of your health plan? Do you want to go beyond just coverage and actively invest in your well-being? This comprehensive guide dives deep into the world of BCBS health and wellness programs, resources, and benefits. We'll explore everything from preventative care options and fitness incentives to mental health support and disease management programs, helping you navigate the landscape and maximize your health journey. Let's unlock the power of your BCBS membership to achieve a healthier, happier you!

Understanding Your BCBS Health and Wellness Benefits: More Than Just Insurance

Your BCBS health insurance plan is more than just a financial safety net; it's a gateway to a proactive approach to your health. Many plans offer a robust suite of health and wellness programs designed to promote prevention, early intervention, and overall well-being. These programs are often underutilized, meaning you might be missing out on valuable resources designed specifically to help you thrive.

Understanding your specific plan is crucial. BCBS offers various plans, and the exact benefits included will vary based on your employer, location, and the specific policy you've chosen. Check your member handbook carefully, or log into your online member portal. This is your key to understanding the specific health and wellness resources available to you.

Preventative Care: The Foundation of BCBS Health and Wellness

BCBS generally emphasizes preventative care, recognizing that early intervention and proactive health management are far more effective and cost-efficient than treating existing conditions. This often includes:

Annual Physical Exams: These are foundational to monitoring your overall health and catching potential issues early. BCBS typically covers these exams at little to no cost to you.

Screenings: Depending on your age and risk factors, you might be covered for vital screenings such as mammograms, colonoscopies, and cholesterol checks. These preventative measures can significantly reduce your risk of developing serious illnesses.

Vaccinations: Staying up-to-date on your vaccinations is crucial for protecting yourself against preventable diseases. BCBS typically covers recommended vaccines.

Wellness Visits: Some BCBS plans offer dedicated wellness visits, separate from annual

physicals, focused on lifestyle counseling and preventative strategies. These visits can provide personalized guidance on diet, exercise, and stress management.

Remember to check your specific plan's coverage details to confirm the specifics of your preventative care benefits.

Fitness and Wellness Incentives: Getting Rewarded for a Healthy Lifestyle

Many BCBS plans offer financial incentives and rewards for engaging in healthy behaviors. These programs often involve:

Wellness Programs: These may include online tools, mobile apps, and resources designed to help you track your fitness, diet, and overall health progress.

Fitness Reimbursements: Some plans offer reimbursements for gym memberships, fitness classes, or other fitness-related expenses. This can be a significant motivator to incorporate regular exercise into your routine.

Health Coaching: Many plans provide access to health coaches who can offer personalized guidance and support on your health goals. These coaches can help you create a sustainable plan for weight management, stress reduction, and overall wellness.

Rewards Programs: These programs incentivize healthy habits by offering rewards for completing certain activities, such as completing wellness programs or participating in health screenings. This gamification approach can increase engagement and motivation.

Mental Health and Wellness: A Crucial Component of Overall Well-being

BCBS recognizes the critical role mental health plays in overall wellness. Many plans provide extensive coverage for mental health services, including:

Therapy: Access to therapists, counselors, and psychiatrists is often included, often through telehealth platforms for added convenience.

Medication Management: Prescription coverage for mental health medications is typically a component of BCBS plans.

Support Groups: BCBS may offer resources and referrals to support groups for various mental health conditions.

Employee Assistance Programs (EAPs): Many employers offer EAPs through BCBS, providing confidential counseling and support services for employees and their families. These programs can be invaluable for dealing with stress, work-life balance issues, and other challenges.

Chronic Disease Management Programs: Proactive Care for Ongoing Conditions

If you're living with a chronic condition like diabetes, hypertension, or heart disease, BCBS often provides specialized programs to help you manage your condition effectively. These programs might include:

Disease Management Education: Learning how to manage your condition effectively is critical. These programs provide education and resources to help you make informed decisions about your health.

Support Groups and Communities: Connecting with others facing similar challenges can be incredibly beneficial. BCBS might provide access to support groups and online communities.

Personalized Care Plans: Working with your healthcare team to create a personalized care plan can help you achieve better outcomes and improve your overall quality of life.

Telehealth Services: Regular check-ins with healthcare providers through telehealth can be convenient and improve adherence to your treatment plan.

Navigating Your BCBS Health and Wellness Resources

Finding the right resources within your BCBS plan can feel overwhelming. Here's a simplified approach:

1. **Check Your Member Handbook:** This is your primary resource for understanding your specific coverage and available benefits.
2. **Log into Your Online Member Portal:** Most BCBS plans offer online portals where you can access your coverage details, find resources, and manage your account.
3. **Contact BCBS Member Services:** If you have questions or need help navigating your plan, don't hesitate to contact member services directly.

Conclusion: Empowering Your Health Journey with BCBS

Your BCBS health and wellness benefits represent a significant investment in your well-being. By actively engaging with these programs and resources, you can take control of your health, prevent future issues, and achieve a healthier, happier life. Don't let these valuable benefits go unused; take the time to explore what's available and make the most of your BCBS membership.

FAQs

1. How do I find out what specific health and wellness programs are available under my BCBS plan? Check your member handbook or log into your online member portal. These resources will detail your plan's specific offerings.
1. Are there any costs associated with participating in BCBS health and wellness programs? Many programs are offered at no cost to members. However, some may have associated fees, which should be clearly outlined in the program description.

1. Can I use telehealth services for my mental health needs through my BCBS plan?
Many BCBS plans offer telehealth services for mental health, but the availability will vary depending on your specific plan. Check your coverage details.

1. How do I access fitness reimbursements or rewards offered through my BCBS plan?
The process for accessing these incentives will vary depending on your plan. Check your member portal or handbook for specific instructions.

1. What if I have a chronic condition? Does BCBS offer any specialized programs? Yes, BCBS often offers specialized programs for managing chronic conditions. Check your member materials for information on disease management programs available to you.

bcbs health and wellness: Smartphone Apps for Health and Wellness John Higgins, Mathew Morico, 2023-01-06 Smartphone Apps for Health and Wellness helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the users' goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. - Summarizes smartphone apps with the best evidence to improve health and wellness - Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs - Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes

bcbs health and wellness: The Medicare Handbook , 1988

bcbs health and wellness: Making a Difference Rebecca Meehan, John Sharp, 2023-08-31 Making a Difference: Careers in Health Informatics addresses everyday questions from people interested in working in health informatics. Typically, this includes people who work in health care, computer and technology fields, information science, finance / insurance and related areas. The book aims to tell students about various jobs that exist in the health informatics field, what credentials they need to qualify for those jobs, and a brief description about what people in those roles tend to do every day. As faculty members teaching in a Master of Science in Health Informatics program, the authors say that they are fortunate to have eager, bright, and talented graduate students who are invested in related health informatics areas. This could be their experiences in medicine, nursing, clinical care, software engineering, finance, business, library science, data science, or caregiving. Common questions we hear from our students that may be similar to questions among readers include: 'what jobs are out there?', 'what can I do with this degree?' or 'what does a health informatics specialist do?' This book aims to answer some of these questions with a look into a day in the life of people working in this field. The book examines career options, roles, and skill sets

important in health informatics across 6 related industries. We want readers to realize that their skills and interests can apply in many areas of the field, not exclusively hospitals. This book highlights 6 unique work segments (hospital systems, long term care, health IT / consumer health organizations, government, consulting, and payer / insurance companies) into which readers may look to expand their career opportunities. The hope is that this book will provide insight into career opportunities students and professionals may be qualified for, and interested in, but simply not aware of. Hiring managers and human resource professionals across the stakeholder groups across the stakeholder groups may also find the book helpful in learning about other roles that may benefit their organizations.

bcbs health and wellness: Connected Health Richard Krohn, David Metcalf, Patricia Salber, 2017-02-17 Connected Health is the most dynamic phenomenon in healthcare technology today. From smartphones and tablets to apps, body sensors and telemedicine, Connected Health promises to stir foundational shifts in healthcare quality and delivery. This is a watershed moment in healthcare – the Connected Health ecosystem is dramatically impacting healthcare’s stakeholders, from patients to C-Suite executives, and is delivering on the tri aim: quality care, coordination and cost savings. This new book conducts a focused examination of wearables as an explosive niches of the Connect Health market. Covering a range of issues from wearable applications in the consumer and provider spaces, to emerging technology solutions and hurdles to successful deployment, this book also provides an engaging discussion about wearables as a change agent of healthcare delivery. The discussion continues with and examination of the interplay between solutions like wearables in the Healthcare Internet of Things (IoT) landscape. The book also explores the scope and trajectory of the Connected Health ecosystem through a combination of expert commentary and selected case studies. It serves as an educational resource as well as a practical guide in strategizing and executing a Connected Health market and product strategy.

bcbs health and wellness: Workplace Wellness: Healthy Employees, Healthy Families, Healthy ROI ,

bcbs health and wellness: The Affordable Care Act Tamara Thompson, 2014-12-02 The Patient Protection and Affordable Care Act (ACA) was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage, and reduce the costs of healthcare overall. Along with sweeping change came sweeping criticisms and issues. This book explores the pros and cons of the Affordable Care Act, and explains who benefits from the ACA. Readers will learn how the economy is affected by the ACA, and the impact of the ACA rollout.

bcbs health and wellness: Promoting Health Literacy to Encourage Prevention and Wellness Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on Health Literacy, 2011-12-01 Health literacy has been shown to affect health outcomes. The use of preventive services improves health and prevents costly health care expenditures. Several studies have found that health literacy makes a difference in the extent to which populations use preventive services. On September 15, 2009, the Institute of Medicine Roundtable on Health Literacy held a workshop to explore approaches to integrate health literacy into primary and secondary prevention. Promoting Health Literacy to Encourage Prevention and Wellness serves as a factual account of the discussion that took place at the workshop. The report describes the inclusion of health literacy into public health prevention programs at the national, state, and local levels; reviews how insurance companies factor health literacy into their prevention programs; and discusses industry contributions to providing health literate primary and secondary prevention.

bcbs health and wellness: Total Wellness Rikimah Glymph, 2022-08-24 Living in a rapidly changing world, Millennials and Generation Z are struggling to find balance in life: balance between the professional and the personal, between friends and family, and between relaxation and realizing their future goals or finding their life purpose. The expectations society puts on them are stifling, and their well-being is suffering because of it—but it doesn’t have to be this way. This book is dedicated to helping the younger generations overcome their wellness challenges and find their unique life balance, regardless of their race, gender, or sexual orientation. Through comprehensive

explanations of emotional, physical, environmental, social, and even spiritual wellness, Total Wellness provides a step-by-step guide to improving the lives of younger generations as they take the first steps to independence. They, as we all, need all the background knowledge they can get to help them prepare for the bright but unpredictable future ahead of them.

bcbs health and wellness: *The Finance of Health Care* Murray Sabrin, 2022-11-07 Employers Can Reduce Their Employees' Health Care Costs by Thinking Out of The Box Employee health care costs have skyrocketed, especially for small business owners. But employers have options that medical entrepreneurs have crafted to provide all businesses with plans to improve their employees' wellness and reduce their costs. Thus, the cost of employee health care benefits can be reduced markedly by choosing one of numerous alternatives to traditional indemnity policies. *The Finance of Health Care* provides business decision makers with the information they need to match the optimal health care plan with the culture of their workforce. This book is a must guide for corporate executives and entrepreneurs who want to attract—and keep--the best employees in our competitive economy.

bcbs health and wellness: *Plunkett's Health Care Industry Almanac* Jack W. Plunkett, 2008-10 This acclaimed and popular text is the only complete market research guide to the American health care industry--a tool for strategic planning, competitive intelligence, employment searches or financial research. Covers national health expenditures, technologies, patient populations, research, Medicare, Medicaid, managed care. Contains trends, statistical tables and an in-depth glossary. Features in-depth profiles of the 500 major firms in all health industry sectors.

bcbs health and wellness: *Unwinding Anxiety* Judson Brewer, 2021-03-09 New York Times and Wall Street Journal bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

bcbs health and wellness: *Workplace Wellness Case Studies* Healthcare Intelligence Network, 2006-03 The growth and market adoption of consumer-driven healthcare continues to drive health plans and employers to develop more widespread member and employee health improvement initiatives. *Workplace Wellness Case Studies: Tactics To Promote Health and Reduce Risk* looks at what's working in health plan wellness and health promotion programs award-winning and unique efforts, best practices, ROI, and lessons learned. Starting with case studies of health improvement innovations in place at three national health plans, this report then delves into two parallel tactics that are gaining ground among employers: pitting departments against each other in a friendly competition for the healthiest workers and rewarding employees for healthy lifestyle choices. Both the game plan for healthy workplace competition and a profusion of winning ideas for incentives are profiled here. You'll get case studies from some of the pioneers in wellness programming, including American Cast Iron Pipe Company, Excellus Blue Cross Blue Shield, Health Alliance Plan, HealthPartners, Meridian Health System, Texas Health Resources and Washoe County School District. You'll get details on: Analyzing the outcomes for a program run by Highmark to

reverse heart disease; Formatting a wellness team; Designing incentives to increase wellness program participation; Evaluating the payback on wellness programs; Targeting your marketing to multiple audiences; Using health coaches in wellness programs; and Ensuring your wellness program's compliance with HIPAA.

Table of Contents

Winning Ideas in Health Plan Wellness and Health Improvement Programs

*Case Study: HealthPartners Tackles Risk Factors with A Call to Change

Anatomy of a Phone Line Program

Curriculum Structure

Improving Health Step by Step

Program Evaluation

*Case Study: Health Alliance Plan Goes On-Site to Impact Employee Health

Work Site Health Promotion Program

Coping With Flu Season

Walking for Better Health

Purchasers' Demand for Health Promotion Surges

Sharing Best Practices in Work site Wellness

Forum

iStrive for Better Health Program

Employer Partner Provides \$75 Reward for HRA Completion

*Case Study: Mandatory HRAs and Wellness Interventions Reap Rewards for Highmark

Blue Cross Blue Shield Employers Division

Organization Choosing Interventions

Embedding a Healthy Philosophy Into the Product Line

HRAs Mandatory for Highmark Employees

Outcomes

*Healthy Competition: Taking the Team Approach to Wellness

The Benefits of Teaming Up at Work

Planning and Implementation

Incentives Reduce Risk

Selling the Program and Making it Work

Setting the Price of Participation

Real Team Competitions

An Optimistic Outlook

*Case Study: Meridian Health System Promotes a Healthy and Productive Workforce

Changing the Employer Culture

Fit to Win

Weight Loss Program

a 12-Week Effort

Keep Programs Simple and Entertaining

*Case Study: Washoe County School District Gets Good Grades in Health Promotion

The Purpose of Wellness Programs: A Deeper Look

Programs and Process Generate Progress

Reading to Lose Weight, Improve Mental Health

The Payback on Wellness Programs

Some Encouraging Results

*Case Study: Excellus Blue Cross Blue Shield Steps Up Web-Based Wellness Efforts

Targeting Marketing to Multiple Audiences

Free Step Up Program Open to Members and Non-Members

Alike

Putting Together a Healthy Competition

Measuring Activity, Results and Awareness

Incentives for Healthy Lifestyles

Designing Incentives to Boost Outcomes

Behavior's Role in Health Status

Incentives Influence Behavior, Corporate Culture

Refining Requirements

A Bona Fide Wellness Program

The Challenges of Sustaining Participation

Incentive Programs Behind-the-Scenes

A Promising Prognosis

*Case Study: ACIPCO Incentives Stimulate Gains in Productivity, Compliance and Safety

The Building Blocks of Success

Approach to Wellness at ACIPCO

Important Indicators

Incentive Insight from Experience

*Case Study: Onus on THR Employees to Be Healthy

A Unique Role

Strategic Goals and Measurements

THR's Long-Term Strategy

Program Vision

Impacting the Bottom Line

Looking Ahead

*Q&A: Ask the Experts

More Medical Behavior

Integration

Incentives for HRA Participation

Making HRA Completion Mandatory

The Legal Ramifications of Incentives

Assessing Readiness for Telephonic Coaching

Who's Online

Counseling for Occupational Traumatic Stress

Role of Communications in Engaging Employees

Employers Reaction to Workplace Wellness

Engaging the Workforce

Implications of the Selection Process

Program Development and Decision-Making

Getting on Board with Healthy Competition

Programs Looking Ahead

Most Effective Communications Tools

Getting Participants to Track Their Progress

Opening Programs to Non-Members

Incentive Program

Time Frame

Sustaining Motivation

Calculating Improvement in Complex Measures

Self-Reported Behavior Change

Software for Health Screenings

Getting into the Wellness Game

Employee Coverage

Reporting ROI

*Glossary

*For More Information

*About the Authors

bcbs health and wellness: *Encyclopedia of Wellness [3 volumes]* Sharon K. Zoumbaris, 2012-06-06 This wide-ranging encyclopedia addresses our rapidly changing understanding of health and wellness, providing a collection of essays that are up-to-date and comprehensive in both scope and breadth. *Encyclopedia of Wellness: From Açai Berry to Yo-Yo Dieting* offers expert advice to anyone seeking information on a condition or illness. More than that, however, this three-volume resource is a compendium of practical information on how to reduce poor health choices and live a healthy, active, vibrant life. A source of basic, easily understandable entries on health and wellness, the encyclopedia covers an extraordinarily broad array of health-related topics including acupuncture, art therapy, biofeedback, food additives, nutrition labels, organic foods, and workplace

wellness. Bulimia is covered, as are depression, autism, cancer, and environmental hazards. Essays examine issues related to healthy living for the mind and the body, stressing the importance of the mind-body connection to good health. Information is also offered on practical concerns such as medical savings accounts, changes in medical insurance, and the U.S. health care system. Throughout, the encyclopedia presents knowledge gleaned from new research on treatment and especially on choices in nutrition and exercise.

bcbs health and wellness: Women's Health & Wellness 2004 , 2003

bcbs health and wellness: Disease Management & Wellness 2008 Les Masterson, HCPro, 2008

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bcbs health and wellness: Forbes , 2008-07

bcbs health and wellness: The New Health Age David Houle, Jonathan Fleece, 2011-12-01 We live in a transformational time in the history of medicine and health care. The twenty-first century will be a time of dramatic change, incredible breakthroughs, and totally altered thinking about health, medicine, and health care delivery. This book sets forth what health care and medicine will look like in the years ahead. It takes a look at history, the transformational changes going on today, the health of Americans, the nine dynamic flows that are shaping health care in the United States, and definitions and descriptions of the new institutions of the future landscape of health care and medicine. It is already being called THE book to intelligently shape and guide the discussion and reorganization of health care reform in America. From leading futurist David Houle (recently named Speaker of the Year by Vistage International) and leading healthcare attorney Jonathan Fleece, comes this surprising, innovative look at the future of healthcare--and how we can lead the successful reorganization of healthcare in America.

bcbs health and wellness: Modern Health Care Marketing Gamini Gunawardane, 2020-06-05 This book aims to comprehensively address several modern concepts and practices in health care marketing not sufficiently addressed by existing literature. This includes the integrated nature of health care marketing, operations management, IT and human resource management; increased use of digital technology and social media; emphasis on enhancing customer-patient experience when strategizing and implementing health care marketing; application of modern services marketing concepts to health care marketing mix, among others. It also addresses recent changes in the U.S. health care industry. Some key issues covered are the increase in federal and state government involvement and oversight of health care delivery; increase in laws and regulations affecting health care management and marketing; growth of specialized health care markets such as Medicare, Medicaid and Affordable Care Act; globalization of health care and greater focus on legal and ethical health care marketing practices. Modern Health Care Marketing is an essential read to understand the integrated nature of health care marketing in the technologically driven, customer/patient-focused and globalized environment. It is also a useful reference for professionals to pick up best practices on addressing challenges faced in the modern health care industry.

bcbs health and wellness: The Core 3 Healthy Eating Plan Lisa Moskovitz, 2022-01-04 Stop the unhealthy cycle of fad dieting and obsessing over what to eat once and for all with this dietitian-created, science-supported program that will help you achieve healthy, sustainable weight loss results without feeling deprived or eliminating the foods you love. Weight loss and weight management doesn't need to be restrictive, complicated, or damaging to your relationship with food or your body. Now, you can stop the cycle of fad, yoyo dieting, weight loss followed by weight gain, and obsessing over your calorie intake and embrace a new way of eating that lets you lose weight—and keep it off—long term. Created by Lisa Moskovitz, a registered dietitian, and backed by science, The Core 3 Weight Loss Plan is a comprehensive approach that helps you achieve

sustainable results without constantly feeling deprived or eliminating foods your body actually needs. With this book, you will not only lose weight but also gain confidence and have an overall healthier lifestyle. You'll find a complete explanation of the plan, plus all the tools you'll need for sustained success including simple, flexible guidelines and detailed meal plans with 50 delicious recipes you're sure to love. Stop trying diet after diet and transform the way you eat, look, and feel for years to come.

bcbs health and wellness: Prevention Practice in Primary Care Sherri Sheinfeld Gorin, 2014 Prevention Practice in Primary Care systematically explores state-of-the-art practical approaches to effective prevention in primary care. Guided by theory and evidence, the book reviews approaches to risk factor identification and modification for the major causes of mortality in adulthood, including cancer, stroke, and cardiovascular disease.

bcbs health and wellness: Commonwealth Health Ministers' Update 2011 Commonwealth Secretariat, 2011 Produced for the annual Commonwealth Health Ministers' Meeting, the Commonwealth Health Ministers' Update 2011 is a resource for ministers on topical health priorities. The theme for the 2011 Meeting is Non-communicable diseases - A priority for the Commonwealth. This accompanying Update provides comprehensive and essential information on the non-communicable disease epidemic: * An overview of non-communicable diseases in the Commonwealth * Prevalence reports from Commonwealth regions * How Commonwealth countries are responding to noncommunicable diseases * How to protect vulnerable groups within country populations * Case studies of key initiatives to control non-communicable diseases * The economic impact of non-communicable diseases A special reference section summarizes the latest information on non-communicable diseases in the Commonwealth and the responses by member countries.

bcbs health and wellness: Start Your Own Medical Claims Billing Service The Staff of Entrepreneur Media, Charlene Davis, 2016-09-19 LAUNCH A CAREER IN MEDICAL CLAIMS BILLING The market for medical claim billers is growing exponentially. With legions of providers and an ever-expanding patient pool, health-care industry spending is expected to grow by 5.8 percent each year through 2024. By then, health-care spending will total \$5.43 trillion and account for 19.6 percent of the gross domestic product. So let there be no doubt: Health care is big business and its growth shows no signs of slowing. This makes it the perfect time to start your own medical claims billing service.

bcbs health and wellness: The Autoimmune Wellness Handbook Mickey Trescott, Angie Alt, 2016-11-01 The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

bcbs health and wellness: Using the Internet Safely For Seniors For Dummies Nancy C. Muir, Linda Criddle, 2011-06-13 The Internet is amazing, but the risks you've heard about are real, too. You can avoid being a victim of online crime with the simple steps for staying safe online that you'll find in Using the Internet Safely For Seniors For Dummies. Here's the guide you need to steer safely through the hazards so you can shop, visit, invest, explore, pay bills, and do dozens of other things online — more securely. Learn to protect yourself from online predators, create strong passwords, find reliable information, spot e-mail and phishing scams, and much more. Find out how to share photos and videos, chat with others, and participate in online discussions—securely See how, with

strong passwords and reasonable caution, online banking and bill-paying might be safer than the old way. Learn to install and set up a browser, use search engines effectively, and sidestep suspicious ads. Discover how personal information is collected and used by legitimate companies — and by crooks. Be able to spot risks, find out how online criminals think, and know what makes you vulnerable. Enjoy social networking sites without putting yourself at risk. Spot reputable healthcare sites and avoid medical ID theft and scams. There's even a glossary of common computer terms and a guide to your rights when using the Internet. Using the Internet Safely For Seniors For Dummies helps you feel more secure by showing you how to protect yourself while enjoying the Web.

bcbs health and wellness: A Cure for the Common Company Richard Safeer, 2023-01-19 Make your workforce happier, healthier—and more productive—with strategies from a world-leader in company culture and health. In *A Cure for the Common Company: A Well-Being Prescription for a Happier, Healthier, and More Resilient Organization*, health and well-being expert, Richard Safeer, M.D. delivers a step-by-step roadmap to creating a culture of health on your team and in your company that keeps your people happier and more engaged. In the book, you'll discover the importance of shaping your well-being culture, challenging yourself, your team, and your workforce to live better lives by offering them new tools and methods to do just that. This book discusses: Bulletproof strategies to help leaders build a sound cultural foundation that supports their efforts at change. A path forward that allows organizational leaders to step up and help their employees be the best versions of themselves. Techniques to build a supportive culture that overcomes common obstacles to change, including positive social climates, norms, and peer supports. A can't-miss resource for business and human resource leaders at medium- to large-sized organizations. *A Cure for the Common Company* also belongs on the bookshelves of every professional interested in supporting employee health and well-being.

bcbs health and wellness: US and World Medical Care Armand A. Lefemine MD, 2012-08-21 An in depth look at medical care around the world country by country with special emphasis on the players and the organization of health care in this country (us) and emphasis on the future as well as current problems. It discusses the financial as well as the potential professional problems associated with a very complicated mixture of a socialized system (medicare and medicaid) and a 'for profit' insurance system that are costing the country twice per capita than any other country in the world. The book also reviews possible solutions and models for universal care that have been successfully applied in other countries such as Canada, and the United Kingdom.

bcbs health and wellness: For-Profit Enterprise in Health Care Institute of Medicine, Committee on Implications of For-Profit Enterprise in Health Care, 1986-01-01 [This book is] the most authoritative assessment of the advantages and disadvantages of recent trends toward the commercialization of health care, says Robert Pear of The New York Times. This major study by the Institute of Medicine examines virtually all aspects of for-profit health care in the United States, including the quality and availability of health care, the cost of medical care, access to financial capital, implications for education and research, and the fiduciary role of the physician. In addition to the report, the book contains 15 papers by experts in the field of for-profit health care covering a broad range of topics—from trends in the growth of major investor-owned hospital companies to the ethical issues in for-profit health care. The report makes a lasting contribution to the health policy literature. —Journal of Health Politics, Policy and Law.

bcbs health and wellness: Health Promotion in Practice Sherri Sheinfeld Gorin, Joan Arnold, 2008-03-11 *Health Promotion in Practice* is a practice-driven text that translates theories of health promotion into a step-by-step clinical approach for engaging with clients. The book covers the theoretical frameworks of health promotion, clinical approaches to the eleven healthy behaviors—eating well, physical activity, sexual health, oral health, smoking cessation, substance safety, injury prevention, violence prevention, disaster preparedness, organizational wellness, and enhancing development—as well as critical factors shaping the present and the future of the field. Written by the leading practitioners and researchers in the field of health promotion, *Health Promotion in Practice* is a key text and reference for students, faculty, researchers, and

practitioners. Finally, a signature book in which practitioners of health promotion will find relevant guidance for their work. Sherri Sheinfeld Gorin and Joan Arnold have compiled an outstanding cast of savvy experts whose collective effort has resulted in a stunning breadth of coverage. Whether you are a practitioner or a student preparing for practice, this book will help you to bridge the gap between theory and practice-driven empiricism. —John P. Allegrante, professor of health education, Teachers College, and Mailman School of Public Health, Columbia University The models of health promotion around which *Health Promotion in Practice* is built have a sound basis in current understanding of human development, the impact of community and social systems, and stages of growth, development, and aging. This handbook can provide both experienced health professionals and students beginning to develop practice patterns the content and structure to interactions that are truly promoting of health. —Kristine M. Gebbie, Dr.P.H., R.N., Columbia University School of Nursing

bcbs health and wellness: The Healthcare Answer Book Healthcare Intelligence Network, 2006-09 The *Healthcare Answer Book* provides detailed solutions to 323 of the top challenges faced by healthcare executives today. You'll get recommended software and tools, staff ratios, program structures, ROI measurement and results for various programs, protecting patient privacy and security in a number of scenarios -- answered by some of the nation's leading healthcare experts to help you plan, evaluate, manage and improve your organization's healthcare initiatives. Compiled from a series of live audio conferences in which these industry experts answered questions from the field, this report delves into a variety of topics, including cost containment, disease management, e-Health initiatives, HIPAA security and privacy, healthcare industry trends and workplace wellness. Indexed by topic and by keyword, this guide will become your indispensable research assistant for questions that challenge you and your staff each day. You'll get the answers you need to such questions as: Cost Containment * What type of software tools are you using for predictive modeling? * Which predictive modeling tools are best for the ROI calculation? * What level of payment or financial risk is needed to change provider behavior? * What is the range of pay-for-performance paybacks and how often are they calculated? * What is the best ROI methodology on P4P programs that you have evaluated and how does it work? * Are tiered networks feasible in smaller markets? Industry Trends * Do you have a recommended reading level for translated written materials for preventative services in either low socio-economic status populations or for children? Also, is there a web site or written reference indicating how to do that? * In this era of consumer-driven healthcare, what quality-related information helps consumers make informed choices about health plans or providers? eHealth Initiatives * What screening requirements do you use for telemedicine patients? Do you evaluate factors outside disease severity? * Can you describe the kind of investment needed to implement e-health tools, how quickly you can achieve an ROI, and what kind of ROIs you can expect? * What criteria are payors and physicians using to determine whether or not an e-visit is billable? Are there clear-cut guidelines? * What lessons have you learned through your personal health record rollout process? What advice can you share with other organizations as they implement their own PHRs? HIPAA Security and Privacy * What are the biggest challenges to offering single sign-on? * How do you secure e-health physician-patient communication? Disease Management * How do strategies for asthma disease management differ for community-based health programs that target the under-served? * What is your staff-to-patient ratio in your depression management program? * How effective are physician-specific report cards in getting physicians in practice with the guidelines? * Is there any other type of literature that would support the effectiveness as well? * What is an accurate assessment of a member's readiness to change, and how do you create interventions that are applicable to each member's stage of readiness? * How are the health coaches trained, and what kind of training gets them geared up to work with patients? * What is the average amount of time a health coach spends per call per participant? The *Healthcare Answer Book* is also available on CD-ROM with keyword searching capability. Table of Contents * About This Document * Cost Containment o Predictive Modeling o Pay for Performance o Predictive Modeling in Pay for Performance o Predictive Modeling for Asthma &

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bcbs health and wellness: Decolonial Judaism S. Slabodsky, 2014-07-02 Decolonial Judaism: Triumphal Failures of Barbaric Thinking explores the relationship among geopolitics, religion, and social theory. It argues that during the postcolonial and post-Holocaust era, Jewish thinkers in different parts of the world were influenced by Global South thought and mobilized this rich set of intellectual resources to confront the assimilation of normative Judaism by various incipient neo-colonial powers. By tracing the historical and conceptual lineage of this overlooked conversation, this book explores not only its epistemological opportunities, but also the internal contradictions that led to its ultimate unraveling, especially in the post-9/11 world.

bcbs health and wellness: Cutaneous Manifestations of HIV Disease Clay Cockerell, Antioanella Calame, 2012-10-14 Dermatologists are often the first medical professionals to see patients with HIV infection, as skin diseases are common in acquired immunodeficiency syndrome. This book aims to help dermatologists recognize the cutaneous manifestations of HIV infection and AIDS, so that diagnosis can be made quickly and therapy begun as soon as possible. The book

bcbs health and wellness: Getting Over Ourselves Christina Congleton, 2023-11-29 Move beyond empty life hacks to connect with your deepest humanity In *Getting Over Ourselves: Moving Beyond a Culture of Burnout, Loneliness, and Narcissism*, human development specialist and leadership coach Christina Congleton delivers an insightful and urgently needed discussion of how people can break out of the tired clichés of the self-help genre, and move toward new levels of connection, engagement, and capacity in navigating an uncertain world. In the book, you'll explore how modern attitudes of individualism that were once freeing now converge with environmental destruction, inequality, and an alarming uptick in depression, substance abuse, and suicide to significantly damage the potential of people everywhere. You'll also find concrete strategies—rooted in developmental psychology—that show us new ways to approach these challenging times. *Getting Over Ourselves* offers: Insights into why “life hacks,” productivity seminars, and more adulting are not the solutions to the issues faced by people today Frameworks that reject the idea that there is a separate, solitary self in need of constant improvement, and connect you with your deepest humanity Effective techniques for fending off burnout and ways to move beyond the unsatisfactory status quo An essential and timely work, *Getting Over Ourselves* is the antidote to the skin-deep, ineffective self-help material that you've been looking for.

bcbs health and wellness: Human Resources Report , 2008-07

bcbs health and wellness: Bulletin to Management , 2009

bcbs health and wellness: Implementing Best Patient Care Practices United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions, 2010

bcbs health and wellness: Community Connections! Relationship Marketing for Healthcare Professionals Kelley S. Pendleton DC & MPH, 2014-09-15 Whether you're a chiropractor, medical doctor, massage therapist, veterinarian, acupuncturist, or any other provider of a healing art, you've undergone intensive training and developed valuable skills. However, traditional healthcare curricula may not address the critical areas of business, finance and marketing. Proficiency in these skills - especially marketing - can help your practice succeed and allow you to genuinely connect with your communities. Written by a healthcare professional for

healthcare professionals, *Community Connections* is the first in a series of books designed to bridge the gap between what you're taught in school and how to market a practice in the real world. Using this collection of easy and affordable marketing ideas, any independent healthcare provider can forge a strong and genuine connection with potential clients, regardless of any previous marketing experience. This guide is all about building the unique relationship between a healthcare provider and the local community, while respecting the specific professional and legal issues inherent in that relationship. Whether you're a veteran in the healthcare industry or just getting started, *Community Connections* contains the valuable advice and practical marketing ideas you need—from the reasons most healthcare practices don't "market," to gaining a deeper understanding of yourself and your community at large. Discover how implementing easy and affordable marketing activities can expand the success of your healthcare practice.

bcbs health and wellness: An American Sickness Elisabeth Rosenthal, 2017-04-11 A New York Times bestseller/Washington Post Notable Book of 2017/NPR Best Books of 2017/Wall Street Journal Best Books of 2017 This book will serve as the definitive guide to the past and future of health care in America."—Siddhartha Mukherjee, Pulitzer Prize-winning author of *The Emperor of All Maladies* and *The Gene* At a moment of drastic political upheaval, *An American Sickness* is a shocking investigation into our dysfunctional healthcare system - and offers practical solutions to its myriad problems. In these troubled times, perhaps no institution has unraveled more quickly and more completely than American medicine. In only a few decades, the medical system has been overrun by organizations seeking to exploit for profit the trust that vulnerable and sick Americans place in their healthcare. Our politicians have proven themselves either unwilling or incapable of reining in the increasingly outrageous costs faced by patients, and market-based solutions only seem to funnel larger and larger sums of our money into the hands of corporations. Impossibly high insurance premiums and inexplicably large bills have become facts of life; fatalism has set in. Very quickly Americans have been made to accept paying more for less. How did things get so bad so fast? Breaking down this monolithic business into the individual industries—the hospitals, doctors, insurance companies, and drug manufacturers—that together constitute our healthcare system, Rosenthal exposes the recent evolution of American medicine as never before. How did healthcare, the caring endeavor, become healthcare, the highly profitable industry? Hospital systems, which are managed by business executives, behave like predatory lenders, hounding patients and seizing their homes. Research charities are in bed with big pharmaceutical companies, which surreptitiously profit from the donations made by working people. Patients receive bills in code, from entrepreneurial doctors they never even saw. The system is in tatters, but we can fight back. Dr. Elisabeth Rosenthal doesn't just explain the symptoms, she diagnoses and treats the disease itself. In clear and practical terms, she spells out exactly how to decode medical doublespeak, avoid the pitfalls of the pharmaceuticals racket, and get the care you and your family deserve. She takes you inside the doctor-patient relationship and to hospital C-suites, explaining step-by-step the workings of a system badly lacking transparency. This is about what we can do, as individual patients, both to navigate the maze that is American healthcare and also to demand far-reaching reform. *An American Sickness* is the frontline defense against a healthcare system that no longer has our well-being at heart.

bcbs health and wellness: Workplace Health Promotion Programs Carl I. Fertman, 2015-10-05 Shine a spotlight on the benefits of promoting health in the workplace *Workplace Health Promotion Programs* focuses on the incredible value that employee health programs can offer by exploring six key topics: behavioral health, physical health, healthy environments, health education, nutritional health, and physical activity. This in-depth resource explicitly establishes what successful workplace health promotion programs, services, and collaborations are, and then builds upon this foundational understanding by introducing methods and tools for promoting employee health and safety, while emphasizing the skills students need to do so. Through this resource, students will come to understand how to recognize employee health and safety opportunities, and how to think on a larger scale when it comes to workplace health initiatives in small, midsized, and larger employers

that are comprehensive and fiscally sound. Workplace health promotion programs have the potential to both improve the health of the population as a whole and control healthcare spending in the process. Health problems are estimated to cost employers in the United States over \$200 billion per year through medical costs, absenteeism, disability, and overall reduced productivity. Improving well-being through effective workplace health promotion programs can reduce this cost—and create healthier, happier workforces. Discover the design, implementation, and evaluation of workplace health promotion programs that address the range of employee health needs and concerns Understand how evidence-based programs can positively impact business and reduce health care cost Explore the larger scale implications of successful workplace health programs, including health policies, health insurance design, worker safety, employee behavior, etc. Learn how together employers and employees work to create a culture of health and well-being to support and promote employee health and safety Review the ways in which successful workplace health promotion programs can prove financially beneficial Workplace Health Promotion Programs is a resource that guides students and professionals alike in the discovery, development, and execution of successful employee health initiatives.

bcbs health and wellness: The Promise of Assistive Technology to Enhance Activity and Work Participation National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on the Use of Selected Assistive Products and Technologies in Eliminating or Reducing the Effects of Impairments, 2017-09-01 The U.S. Census Bureau has reported that 56.7 million Americans had some type of disability in 2010, which represents 18.7 percent of the civilian noninstitutionalized population included in the 2010 Survey of Income and Program Participation. The U.S. Social Security Administration (SSA) provides disability benefits through the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program. As of December 2015, approximately 11 million individuals were SSDI beneficiaries, and about 8 million were SSI beneficiaries. SSA currently considers assistive devices in the nonmedical and medical areas of its program guidelines. During determinations of substantial gainful activity and income eligibility for SSI benefits, the reasonable cost of items, devices, or services applicants need to enable them to work with their impairment is subtracted from eligible earnings, even if those items or services are used for activities of daily living in addition to work. In addition, SSA considers assistive devices in its medical disability determination process and assessment of work capacity. The Promise of Assistive Technology to Enhance Activity and Work Participation provides an analysis of selected assistive products and technologies, including wheeled and seated mobility devices, upper-extremity prostheses, and products and technologies selected by the committee that pertain to hearing and to communication and speech in adults.

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