



Blue Care
Network
of Michigan

Confidence comes with every card.®

Healthy *Blue Living*SM HMO



Do you want to learn more about your health?

Do you want to pay less for copayments and coinsurance, and have a lower deductible?

Achieve these goals by enrolling in this wellness plan and completing the tasks on your Healthy *Blue* Living to-do list by your deadlines. If you don't, you'll still have great coverage, but you'll pay more for your share of costs for certain health services and prescriptions.

There are two Healthy *Blue* Living levels your contract can be at:

Enhanced level

lower out-of-pocket costs,
such as copayments, deductible
and coinsurance

Standard level

higher out-of-pocket costs

When you enroll, you'll start at the enhanced level. To stay here, complete these Healthy *Blue* Living to-do list tasks:

You have the first 90 days of your plan year to do [steps 1 and 2](#).

STEP 01

Go to your doctor for a health evaluation to check:

- a. Body mass index
- b. Tobacco use (cotinine test required)
- c. Cholesterol
- d. Blood pressure
- e. Blood sugar
- f. Depression

After your appointment, tell your doctor to submit your results electronically on a *Blue Care Network Qualification Form*.



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STEP 02

Log in to your account at bcbsm.com to complete a 10-minute personal health assessment. A paper copy is available if you don't have internet access.

You have the first 120 days of your plan year to sign up for the programs in [steps 3 and 4](#), if necessary.

You may have additional steps. If your qualification form shows:

STEP 03

Your BMI is 30 or higher, enroll and participate in a BCN-sponsored weight management program.

STEP 04

You use tobacco, based on a blood or urine cotinine test, enroll and participate in our tobacco cessation program.

To stay at the enhanced level, participate in these programs until your doctor submits a new qualification form that shows your BMI is under 30 and you don't use tobacco. If Step 3 or 4 applies to you, BCN will mail you details about the programs with instructions on how to enroll.

Your deadline dates will be posted to your bcbsm.com account.

All Blue Care Network members have access to an account with helpful information about their plan. Members enrolled in Healthy Blue Living can see their to-do list specific to them and their personal deadline dates.



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