

# NEPA SCHOOL DISTRICTS HEALTH TRUST



## HEALTH & WELLNESS



<https://www.highmarkbcbs.com/home/>

This is where you'll find valuable online tools that can help you manage your health care costs and get the most from your coverage. Once registered, log in anytime to check the status of claims, find a provider and get tips for healthy living. Below are a few tips to follow:

### UNDERSTAND YOUR PLAN

Know how your medical plan works so you can make the most of it. Explore the basics or learn all the details. Below are only a **GLIMPSE** of what is offered. Please explore Highmark Website fully for ALL BENEFITS.

**The Wellness and In Network** items listed can be found by logging in:

Click **COVERAGE** tab. Then Click on **MEDICAL BENEFITS**.

### **NETWORK & REFERRALS**

**IN-NETWORK - TO ENSURE BEST COST SAVING - PRIOR TO EVERY APPOINTMENT -REQUEST FROM YOUR PROVIDER OR SERVICE PARTICIPATION IN YOUR PLAN**

- *Lowest out-of-pocket costs*
- *Highest level of benefits*

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### HEALTH & WELLNESS PROGRAMS

Highmark offers a robust variety of health and wellness programs. These are similar to the Blue Health Solutions programs you are familiar with, but have different names and include even more resources. Through a partnership with WebMD®, Highmark offers the following programs and resources to help you meet your specific health care needs:

#### MEMBER DISCOUNTS

Your plan has a wide range of discounts from Blue365 including items below and much more. Register with Blue365 to access all the health & wellness deals exclusive to Blue Members.

- Gym Memberships (Healthways) - Local Gyms, YMCA's \$25.00/mo.
- Fitness Footwear
- Activity Trackers
- Stress Reduction Classes
- Private Weight Loss Coaching
- Healthy Cooking Classes
- Medical Alert Watches
- Jenny Craig Discounts
- Nutrisystem 40% Discount



<https://www.blue365deals.com/>

### Blue 365 Deals - How It Works

Be the first to know about the latest deals to hit Blue365. One email a week, no spam. Simple as that. Sign up here. Savings are just a few clicks away. Some deals will give you a coupon code instantly on the Blue365 site.

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### HEALTHY DISCOUNTS & TIPS



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<https://kingston.woodhousespas.com/>

**MEMBERS SAVE FOR  
VALENTINES DAY  
20% OFF GIFT CARDS**



### DID YOU KNOW....



#### **THE BENEFITS FROM HOT LEMON H<sub>2</sub>O**

- BOOSTS IMMUNE SYSTEM
- AIDS DIGESTION
- CURES THROAT INFECTIONS
- EXCELLENT FOR WEIGHT LOSS
- FLUSHES OUT UNWANTED MATERIALS
- NATURAL ENERGIZER
- BALANCES pH