



Programs Enhancing Member Health and Wellbeing

Program Name	Who's Eligible	Description
Good Health Gateway 800.643.8028 MIIA.GoodHealthGateway.com	Available to any family member, regardless of age, on a MIIA/Blue Cross family health plan.	Diabetes management program to increase care and medication adherence through incentives (\$0 copays for medication/ supplies).
Ompractice ompractice.com/miia	Open to all employees and family members age 13 and up.	Live virtual yoga, meditation, and other mind/body classes.
Learn to Live Learntolive.com/partners Enter access code: miia	Open to all employees and family members age 13 and up.	Online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy. Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia, and Substance Use.
Mindwise Mentalhealthscreening.org/screening/miia Wellness	Open to all employees and family members.	Mindwise is a free anonymous mental health screening tool with 13 screenings ranging from wellbeing to substance abuse. No personal information is required.
Quizzify App.quizzify.com/users/sign_up/mma	Open to all employees and spouses. Only employees and spouses who are MIIA/Blue cross members are eligible for rewards.	A monthly Jeopardy-like trivia game that can help participants improve lifestyle, save on health care costs, and differentiate health facts from myths.

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<p>Quizzify2Go Create an account or login to https://mass.quizzify.com or download the app "Quizzify2go wherever you get your apps.</p>	<p>All employees and household members</p>	<p>Mobile app to help prepare for a doctor's visit – 165 topics covered. Provides questions for visits to help make informed decisions.</p>
<p>Smart Shopper 1-877-281-3722 Log in to bluecrossma.org and click the SmartShopper link.</p>	<p>Available to those on a MIIA/Blue Cross health plan (not open to every MIIA/Blue Cross plan or retirees).</p>	<p>Cashback on non-urgent medical procedures when using preferred providers.</p>
<p>Ex Program Visit BecomeAnEX.org/signup/MIIA to get started.</p>	<p>Available to those on a MIIA/Blue Cross health plan.</p>	<p>Digital tobacco/vape cessation program in collaboration with Mayo Clinic that includes nicotine patches/gum delivered to the home. Active online community (peer support), and live-chat coaching from experts.</p>
<p>EAP myassistanceprogram.com/miia-eap/</p>	<p>EAP is open to all employees and their households.</p>	<p>In-person and telephonic counseling, training courses, management consultations, critical incident stress debriefing, work/life resources.</p>
<p>Headspace work.headspace.com/miiaawellaware/join</p>	<p>Available to those on a MIIA/Blue Cross health plan. Primary subscribers and 2 plus friends of family members may join.</p>	<p>Mindfulness and meditation app with hundreds of meditations and exercises for sleep, focus, and movement.</p>
<p>Telephonic Wellness Coaching emiia.org/well-aware/wellness-coaching</p>	<p>Available to those on a MIIA/Blue Cross health plan ages 18 and up.</p>	<p>Up to 10 phone coaching sessions per year with a certified coach. Coaches provide the guidance, accountability and support you need to live a healthier lifestyle. You and your health coach will work together to identify goals and strategies to meet those goals.</p>
<p>Brightline helloworldbrightline.com/miia Brightline Member Support at 888-224-7332 or care@helloworldbrightline.com.</p>	<p>Available to those on a MIIA/Blue Cross health plan.</p>	<p>Behavioral health care for kids from 18 months to 18 years. Support for parents and caregivers too -- delivered virtually, when and where you need it.</p>

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<p>2nd.MD Visit www.2nd.md/miia Call 1.866.269.3534 Download the 2nd.MD app via App Store or Google Play</p>	<p>Available to those on a MIIA/Blue Cross health plan.</p>	<p>A virtual expert medical consultation and navigation service. Connect with board-certified, elite specialists about a diagnosis or treatment plan all within a matter of days at no cost.</p>
<p>Virta Diabetes Reversal Program Info.virtahealth.com/bluecrossma</p>	<p>Available to members on an active MIIA/Blue Cross health plan with Type 2 diabetes.</p>	<p>A virtual clinic that helps members lose weight, lower blood sugar/A1C, and reduce medications. It includes a dedicated health coach, diabetes testing supplies, recipes/grocery lists, and online support forum.</p>
<p>Hinge Health hinge.health/miia</p>	<p>Open to MIIA/Blue Cross Blue Shield subscribers, spouses, and dependents 18 years of age or older.</p>	<p>A digital exercise therapy program to support back, knee, hip, neck, or shoulder joint health. Hinge gives you the tools you need to conquer joint and muscle pain, recover from injuries, prepare for surgery, and stay healthy and pain-free.</p>