

BCBS/Blue Connect and Healthy Outcomes Website

Earn LIFE Points and Keep Up to Date on Your Insurance Information

The BCBS/Blue Connect website is available for all **employees and retirees** who are enrolled in the County insurance plan. It's easy to register and get started. All you need is your BCBS Member ID # and 2 minutes! Once you are registered you will have access to the following:

- **Know what your plan covers**
- **Detailed views of your benefits**
- **See your claims history**
- **Find a doctor or see if your doctor is one of the 95% of doctors in N.C. who are in our network and get cost estimates for services**
- **Connect to the latest apps**
- **Online Library with the latest information on a wide variety of health topics and interests.**
- **Enjoy healthier living through the *Healthy Outcomes* section on this website.** This site contains resources, tools, educational programs, on-line seminars and challenges all designed to help you take charge of your health.

Below are the wellness activities you can participate in to earn LIFE Points.

Living Conversations – 2 LIFE Points Each

These are quick, **interactive** conversations covering a variety of health topics, such as stress, eating healthy, diabetes, asthma, back pain, depression, getting active and many others. **Each one takes about 10-15 minutes to complete.**

Online Monthly Seminars – 3 LIFE Points Each

These fun and engaging seminars can help you learn more about health topics and take steps to live healthier. **They can be completed at your convenience, in as little as 10-15 minutes.** A new seminar is released on the first of each month.

Health Challenges – 10 LIFE Points Each

Virtual Coaching – 15 LIFE Points Each - This is a 6 week personalized, online program with tools designed to help participants take an active role in improving health. Focus areas to choose from are: healthy weight, taming stress nutrition, and physical exercise.

Health Care in *Your* Hands

Check claims and benefits, compare health care costs, take charge of your health and wellness and earn LIFE Points with Blue Connect

- ❖ ***Go to www.BlueconnectNC.com***
- ❖ ***Click Register Now***
- ❖ ***Set up your account.*** You will be asked to put in Your BCBS Subscriber #
- ❖ ***Once your account is set up, you are ready to go!***