

Your Health Matters!

At Electrical Insurance Trustees, we want every member to live their healthiest life.

We know that it can be hard to find the time. That's why starting **July 1, 2021**, your health coverage will include new tools that can help you get healthier on your own schedule.

For quick access to all your health and wellness resources:

1. Go to bcbsil.com.
2. Register for **Blue Access for Members**SM
3. Click the **My Health** tab for more information about the programs below.



STAY TUNED!

Watch your mail in mid-June for your new Blue Cross Blue Shield ID card.

While it still looks the same, it provides updated information about preauthorizations.

■ Live Well onTarget®

The Well onTarget portal and mobile app can help you manage your health conditions and reach your wellness goals - **all in one place!** With Well onTarget, you can:

Check your Health Status

Find out how your health measures up by taking a Health Assessment.¹ Answer a few questions about your health and lifestyle. Then, get suggested programs that can help you get and stay healthier.

Improve Your Health and Wellbeing

Videos, podcasts, self-paced programs and other tools are online and on-the-go to help you with things like:

- | | | |
|-------------|---------------|----------------|
| ■ Asthma | ■ Diabetes | ■ Sleep issues |
| ■ Back pain | ■ Eating well | ■ Stress |

Track Your Progress

Logging how much you move and what you eat can help you stay on course. Link your fitness devices and nutrition apps in Well onTarget, or use the built-in tracking tools in the portal. Either way, you'll easily see all your tracked stats in one place.

Reward Yourself

Earn Blue PointsSM when you:²

- ☒ Assessment
- ☒ Link a fitness device
- ☒ Complete a wellness program
- ☒ Work with a health coach



Redeem your Blue PointsSM for books, music, sporting goods - anything that inspires you to keep making healthy choices.

■ Focus on Fitness

Take on your health goals and join the Fitness Program. You can access any gym facility within the nationwide network so you can exercise even when you are traveling. Plus, save on wellbeing services like acupuncture, massage and personal training.³

■ Get Extra Support for Complex Health Issues

Your plan includes extra support for you and your covered family members for certain health issues. A BCBSIL health advisor⁷ may call you if you've had a serious illness, injury, surgery or hospitalization.

The health advisor is a nurse or other health care professional who can help you through these challenging situations. If you get a call from BCBSIL – be sure to answer or call your health advisor back. If you miss a call, you can also schedule a call back at a time that works for you.

Talk to a Nurse

When a health problem pops up late in the day or in the middle of night, it can be hard to know how serious it is. Should you go to the emergency room? Urgent care? Or can it wait until you can see your regular doctor? 24/7 Nurseline is here to help.⁴

Nurses can answer health questions, day or night. Call any time with questions about:

- Sore throat
- A baby's nonstop crying
- Dizziness or severe headaches
- Cuts or burns
- High fever
- Back pain
- And other health issues



Know What Your Plan Requires

Approval from your health plan (called **preauthorization or prior authorization**) may be required for some services, including:

Inpatient admissions for:

- Hospital⁸
- Rehabilitation
- Skilled nursing
- Long-term acute care/subacute care

Outpatient procedures for:

- Ear, Nose, Throat Procedures
- Surgical Procedures
- Wound Care
- Home Care Programs
- Neurological Procedures
- Gastroenterology (Stomach) Procedures
- Air Ambulance Transportation

Certain behavioral health services:

- Residential treatment
- Partial hospital programs
- Intensive outpatient programs (IOP)
- Applied behavior analysis (ABA) treatment
- Outpatient electroconvulsive therapy (ECT)
- Repetitive transcranial magnetic stimulation (rTMS)

This is only a partial list. Be sure to check your benefits information to see a more detailed list of services that require preauthorization. Your network provider will usually preauthorize your service.

Livongo for Diabetes A New Health Benefit at No Cost to You!

You and your family members diagnosed with diabetes will be able to join Livongo, at no cost to you, if you have coverage through the EIT medical plan.

- ❖ **Connected Meter:** Automatically uploads your blood glucose readings to your secure online account and provides real-time personalized tips.
- ❖ **Coach Support When You Need It:** Communicate with a Livongo coach anytime about diabetes questions on nutrition or lifestyle changes.
- ❖ **FREE, Unlimited Strips:** When you are about to run out, Livongo ships more strips and lancets, right to your door.

More details coming soon!

Get Ready for Baby

If you plan to add to your family, you have help to prepare. Apps from Ovia Health® can guide you step-by-step through fertility, pregnancy and parenting.⁵ If you have a high-risk pregnancy, you'll also get phone support from a BCBSIL maternity specialist.

Ovia Fertility

- ❖ Understand and track your cycle, read daily articles and tips just for you, and find out when you are most fertile

Ovia Pregnancy Tracker

- ❖ Watch your baby grow week by week, read daily articles and tips just for you, look up food and medication safety, watch helpful videos about pregnancy, and use tools to plan your return to work

Ovia Parenting

- ❖ Learn about your child's health and development, read thousands of expert parenting articles and tips, receive tools and support for balancing life as a working parent, and share family photos and videos with loved ones

All programs include in-app support from a registered nurse. Download one or all the apps in iTunes or the Google Play store to get started.

Take Care of Your Mental Health

Your mental health is just as important as your physical health. Your plan includes behavioral health benefits so you can get care for:

- Alcohol or drug use
- Anxiety
- Stress
- Autism
- Depression
- And other mental health or substance abuse conditions
- Eating disorders

1. The Well onTarget program is offered to you as a part of your EIT-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions. 2. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward. 3. Individuals must be at least 18 years old to purchase a membership. The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. 4. 24/7 Nurseline is not available to HMO members. For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns. 5. Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of State. 6. Not available to HMO members. Livongo is an independent company that provides disease management services for Blue Cross and Blue Shield of State. 7. Health advisors do not replace the care of a doctor. You should talk to your doctor about any medical questions or concerns. 8. In-network inpatient hospitals are required to request preauthorizations on your behalf.