

ATTACHMENT 15



**Department of
Civil Service**

Wellness Programs/Activities - "Health Maintenance Organizations Specifications for the New York State Health Insurance Program"

Offeror Name: Excellus BlueCross BlueShield

Description of Program/Activity	Date held or scheduled date
<p>Telemedicine – Excellus BCBS has partnered with MDLIVE to offer eligible members another alternative to receiving care with telemedicine services. Excellus BCBS has expanded its program offerings to include both acute medical and behavioral health telemedicine services.</p> <p>Eligible members can visit with a U.S. board certified provider right from their home, office or on the go 24/7/365 for non-emergency medical and behavioral health conditions via a smartphone, computer or tablet.</p>	<p>Currently available</p>
<p>Cost Estimator tool – our online care comparison tool shows you what hospitals and clinics close to your home have recently charged and includes information about the quality of services provided.</p>	<p>Currently available</p>
<p>Discounts on health and fitness with Blue365 – whether it’s travel advice or fitness gear, Blue365 gives members access to special savings on health-related products and services.</p>	<p>Currently available</p>
<p>Online Health Education Videos – Video presentations on a variety of health topics such as stress management and nutrition. The videos are short, web-based health seminars that provide the most current up to date health information available at no additional cost.</p>	<p>Currently available</p>
<p>Research 6,000+ health topics – we offer a web-based tool that provides information on over 6,000 health topics supported by the most reliable, up-to-date medical research.</p>	<p>Currently available</p>
<p>Health Risk Assessment (HRA) – Our HRA is available on an interactive platform powered by RallySM.</p> <ul style="list-style-type: none"> ▪ Personal health surveys to provide even more information on risk factors and healthy behaviors ▪ Personalized recommendations on "action plans" to improve the quality of their life ▪ Wellness challenges and missions ▪ Online social communities that can be condition-based ▪ Ability to earn virtual coins that can be donated to select charities. 	<p>Currently available</p>
<p>Wellframe – Excellus BCBS has joined forces with Wellframe to deliver the personalized, interactive, and holistic support members need to get back to normal after a hospital visit via innovative technology. Members enroll in the program by downloading the Wellframe mobile app. Once enrolled, Excellus BCBS Care Managers provide ongoing support via HIPAA-compliant 2-way messaging to members including day-to-day health, care questions to ensure medication adherence, monitor recovery, appointment reminders, tobacco cessation support and more.</p>	<p>Currently available</p>

**Excellus BlueCross BlueShield, Central New York & Utica Region
July 27, 2020**

Medicare Advantage (Medicare Blue Choice) Wellness Programs/Activities

<p>Silver & Fit Fitness Program- Provides membership at participating network fitness clubs and exercise centers. The Silver & Fit participating fitness clubs and exercise centers provide access to all standard fitness club/exercise center amenities and services through the membership provided by Silver & Fit to Medicare Advantage (Medicare Blue Choice) members. In addition, some network clubs offer special programs and classes exclusive to Silver & Fit members.</p>	<p>Currently available</p>
<p>Silver & Fit Gym Reimbursement - Annual reimbursement allowance towards paid memberships at non-participating fitness clubs and exercise centers. In order to be reimbursed you must submit a copy of your signed membership contract and paid receipts to Silver & Fit. Please note: You should only submit claims for payment once that month has passed. For example, submit receipts for January any time after January 31st. We are unable to process claims for future months. Contact Silver & Fit for information on what facilities and activities are eligible for reimbursement.</p>	<p>Currently available</p>
<p>Silver & Fit Home Exercise Program®- a learning fitness program for members who are unable to go to a fitness club or exercise center, or prefer to exercise at home. Silver & Fit Home provides you with two kits per year of your choice - walking, strength exercise, pilates, dance, yoga, tai chi, aqua aerobics, and stress management.</p>	<p>Currently available</p>

