

## **FY25 Regence Blue Shield of Idaho Value-Added Programs**

### **2nd.MD – Expert second opinions**

When it comes to your health you want to be sure, sometimes doubly sure. 2nd.MD is a virtual resource that allows you to connect with health care experts to confirm a diagnosis, explore treatment options and get your questions answered. Access to 2nd.MD is included with your benefits from Regence BlueShield of Idaho and is covered at no cost to you.

### **Advice24/Pager Health – 24-hour nurse line**

If you find yourself with a medical question after hours, you can still get expert advice. Regence BlueShield of Idaho offers a 24/7 nurse advice line through their partner, Pager Health. Available over the phone or via chat, the nurse on the line can help identify symptoms, offer suggestions and even refer you to an in-network provider if needed.

### **Doctor On Demand – Virtual care**

Expert care from the comfort of home. That's what you will get with Doctor On Demand. Talk to a board-certified physician, licensed counselor or psychiatrist who can answer non-emergency medical questions, address mental health needs, prescribe medications or recommend in-person follow up care if needed. Best of all, telehealth is 100% covered with your health plan from Regence BlueShield of Idaho.

### **Experian – Identity theft protection**

Keeping your personal information safe and secure has never been more important. As an added convenience, Regence BlueShield of Idaho is offering identity theft protection, credit score monitoring, credit alerts and potential threat detection from Experian, all at no additional cost to you.

### **Guidance Resources with ComPsych – Employee Assistance Program (EAP)**

All employees and their families, regardless of whether they are enrolled with Regence BlueShield of Idaho, can access EAP services including a 24-hour help line, counseling services, support for financial and legal situations and other life-balance resources.

### **Hinge Health –Musculoskeletal care**

Get expert advice to help you reduce pain, recover from injury and increase your mobility, all from the comfort of home. With Hinge Health, you will receive a customized exercise program specifically tailored to your needs and ability, with each session designed to be done in 15 minutes or less. Best of all, this unique program is 100% covered by Regence BlueShield of Idaho which means there's no cost to you.

### **HMA – COBRA administrator**

If you leave the health plan or your plan eligibility ends, you may have the option to purchase COBRA coverage through HMA, a partner of Regence BlueShield of Idaho. COBRA coverage and eligibility varies by plan participant.

## **Omada**

Omada offers virtual programs that help members lose and manage weight, lower blood pressure and manage diabetes. Eligible plan participants who choose to enroll with Omada will receive personalized health coaching, smart devices and online support communities through one of the following programs:

### **Omada for prevention and weight loss**

Through lessons, food tracking and setting small, simple goals, Omada can help you learn how to build healthier routines around what you love and what works for you—all with the support and guidance of your personal health coach.

### **Omada for diabetes**

In addition to a blood glucose meter, test strips, lancets and a smart scale, eligible members will also receive two continuous glucose monitors (with prescription).

### **Omada for hypertension**

Omada will help you find ways to lower your blood pressure outside of just medication (like tips for nutrition, stress, and sleep). By tracking your blood pressure, your care team will help you understand health trends, so you can start making simple changes to control your numbers.

## **Regence Empower – Wellness program**

Whether you need a nudge to start a fitness routine, lose weight or improve your sleep, a wellness program can help. Regence Empower is a personalized well-being experience, ready to guide you on the steps to take to reach your goals. With engaging programs and useful tools tailored to your preferences, you have the support and motivation to get—and stay—healthy.

## **Regence Pharmacy Services**

Depending on your needs, Regence BlueShield of Idaho has many ways to help you save money on your medications, including lower-cost network pharmacies, online cost-comparison tools and convenient fill options. For those who need specialty medications, Regence partners with **Accredo** to fill those prescriptions and provide any special handling. You also have access to convenient home delivery with **Amazon MedsYourWay** and the option of 90-day supply for certain medications. For more information, visit [regence.com/pharmacy](https://regence.com/pharmacy).

## **Regence Pregnancy Program**

The Regence Pregnancy Program provides education, resources and tools, all with the aim of helping you have the healthiest pregnancy possible. Members can download the free Pregnancy Program app to access tools for personalized pregnancy milestones, activity and appointment reminders and direct access to maternity nurses.

## **Strive Health – End stage renal disease management**

For plan participants navigating chronic kidney disease, Regence BlueShield of Idaho partners with Strive Health to offer personalized support and care management. The Strive

Health team will work with your doctor and care team to ensure you have the resources, information and support you need.

**Teladoc Health – Self-guided mental health support**

Whether it's stress, anxiety, depression or even getting good quality sleep, we can all use a little help managing our mental health. Teladoc Health gives you the power to choose what you want to focus on at your own time, at your own pace. All you have to do is answer a few questions and Teladoc Health will create a plan specifically for you with suggested activities, articles and videos. As a covered program, there is no cost to you to participate.

**VSP – Vision care**

Your plan with Regence BlueShield of Idaho includes vision coverage through VSP. While you can visit any eye care provider you like, your benefits will be higher if you use the VSP Choice network. Once you have your Regence BlueShield of Idaho member ID number you can create an account at [vsp.com](https://vsp.com) to view your full vision benefits.