

Benefits Available In All Programs

Provide support materials and resources based on a customized program

- Members enrolled in the Member Health Partnership program will be covered for six nutritional counseling visits per year with an in-network registered dietitian in an office setting. For members enrolled in a Blue Care®, Blue OptionsSM, or Blue Advantage plans, the copay will be waived for these visits. Members enrolled in a high-deductible plan will still be covered, but the visits will be subject to deductible and coinsurance
- Access to one-on-one nursing support
- Health Report - Adult enrollees receive personalized feedback based on their initial responses to the health survey completed at enrollment. The report outlines potential health risks and allows the member to track their health status over the course of the program.
- Edgepark offers a discount to members on non-covered items such as blood pressure cuffs, scales, heart rate monitors, and breast pumps.

Asthma

Helps members manage their asthma symptoms and improve their quality of life.

- Free reference books to help manage asthma
- Free peak flow meters, spacers and other tools¹ from Edgepark Medical Supplies by calling 1-800-321-0591
- Brand-name medications at generic copayments¹: [List of medications](#)
- Also available for children!

Diabetes

Helps members control blood sugar and reduce risk of complications

- Free reference books to help members manage their diabetes
- Free glucose meter² available with an order of test strips from Edgepark Medical Supplies by calling 1-800-321-0591
- Deductible waiver for most diabetic supplies²: [List of diabetic supplies](#)
- Also available for children!

Achieving a Healthy Weight

Helps members learn how to lose weight and maintain weight with the tools and support necessary to live a healthy lifestyle

- Free step counter and activity sheet
- Free books with information to help you manage your weight and track calories
- Also available for children

Heart Disease (Coronary Artery Disease and Heart Failure)

Helps members with coronary artery disease or congestive heart failure learn to reduce symptoms and manage stress.

- Discount on selected heart rate and blood pressure monitors and scales from Edgepark Medical Supplies by calling 1-800-321-0591
- Free reference books to help members manage their condition

High Blood Pressure and High Cholesterol

Helps members manage high blood pressure and high cholesterol

- Free step counter
- Free informational booklet

Migraine

Helps member learn to reduce their symptoms and improve their quality of life.

- Free book with information to help manage migraines
- Free educational materials to help members work more effectively with their health care provider

Fibromyalgia

Learn to reduce your symptoms and improve your quality of life

- Free reference book to help you manage your fibromyalgia
- Educational materials to help you work more effectively with your health care provider

Tobacco Cessation

Outlines a successful quitting strategy and provides information and support that can help members meet the challenge.

- Discount on over-the-counter nicotine replacement therapy and free shipping through Tobacco Solutions: Call 1-866-889-4138 or visit the website at www.tobaccosolutionsonline.com
- Promotion of Tobacco Use Quitline: 1-800-QUIT-NOW (1-800-784-8669)
- Free instant-messaging counseling through the National Cancer Institute's LiveHelp service at www.smokefree.gov
- 50% off tobacco cessation counseling at Kerr Health Centers (available in North and South Carolina): [List of Centers](#)
- Discounted American Lung Association [Freedom from Smoking Classes](#)

Stress Management

Helps members learn to manage stress of day to day life

- Stress Management workbook with techniques to manage stress
- Guide with advice on how to recognize the hidden sources of stress and effective relaxation techniques
- CD guide with specific breathing exercises for relaxation mixed with soothing music and environmental sounds

Pregnancy

Learn how you can better manage your pregnancy with free educational materials and support services

- One-on-one nursing support
- Discounts from Edgepark Medical, including a discount on breast pumps and supplies with free shipping
- Deductible waiver for most gestational diabetic blood sugar testing supplies²
- Free educational materials, resources and tools
- Up to six annual nutrition counseling visits with a registered dietitian during pregnancy³
- Free reference books and educational materials
- [Wallet card with the signs of pre-term labor](#)

Specialty Care: for members with one of the [14 rare conditions](#), managed by Accordant

Provides members with the information and support they need to manage their health care needs and maximize their overall health status

- Customized, disease-specific educational materials
- Educational brochures and monthly *CareConnections* newsletters that provide access to disease-specific information and general health and wellness topics
- Special access to a patient Web site (www.accordant.com) with information, resources, self-care tools and peer-to-peer support
- Ongoing personal health evaluations via telephone with individualized attention from a nurse who understands the member's needs and can help the member prevent complications and provide tips for staying in the best possible health.
- 24-hour telephonic access to a team of health care professionals who are knowledgeable about the member's condition. These health care professionals can answer questions, locate resources and provide extra support for the member and his/her family