

# 2020-2021 Wellness accountability and support options

The Corinthian Plan

Well-being opportunities listed below are available to assist you in meeting your healthy living goals and the wellness incentive requirements.

Learn more about the wellness incentive on The Corinthian Plan webpage at [mennoniteusa.org/tcp](http://mennoniteusa.org/tcp).

Activity	Your plan benefits
Wellbeing conversation	<p>A one-time wellbeing conversation by telephone with the wellbeing specialist is offered at no charge to Corinthian Plan members and spouses (enrolled and waived). All conversations are confidential and are tailored to your specific goals and needs.</p> <p>To initiate a wellbeing conversation with the wellbeing specialist, email <a href="mailto:wellness@everence.com">wellness@everence.com</a>.</p>
Health coaching*	<p><b>Highmark Blues on Call</b></p> <p>Health coaches are specially trained to answer your questions, support you in making informed health decisions, and help you set a wellness goal.</p> <p>Call a coach if:</p> <ul style="list-style-type: none"> <li>• You have diabetes and need information to change your diet.</li> <li>• Your cholesterol is a little high, but you don't understand what the numbers mean.</li> <li>• Your bone density test shows that you have osteopenia. How can you prevent it from turning into osteoporosis?</li> <li>• Your family has a history of heart disease. What can you do to protect yourself?</li> <li>• You have trouble managing your weight. How can you stay on track.</li> </ul> <p>Get the answers you need. Call a Blues On Call Health Coach at (888) BLUE-428 ((888) 258-3428) for assistance.</p>
Counseling*	<p>Deductible applies, but an unlimited number of sessions are available with a mental health provider for a Corinthian Plan member with a mental health diagnosis. This includes, but is not limited to, depression, anxiety, reactions to trauma. Out of network deductible applies if the provider is not part of the Highmark PPO network.</p>
Spiritual growth	<p>While not technically a health plan benefit, you might consider establishing a spiritual friendship with another pastor or peer in your city or church conference.</p> <p>It is also common for pastors to receive financial assistance from their congregation to cover the expense of a retreat days or spiritual direction.</p> <p>You may also choose to use your Corinthian Plan financial wellness incentive to pay for a variety of spiritual life and personal renewal activities.</p>

*\*Benefit is only available to Corinthian Plan members enrolled in the medical plan benefit of The Corinthian Plan (Congregational Employee Plan for Mennonite Church USA).*

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Fitness*	<p><b>Highmark’s Fitness Your Way by Tivity Health</b></p> <p>This program gives you access to nearly 9,000 fitness locations, including select national chains. As a Fitness Your Way member, you can visit any participating fitness location – anytime, anywhere – as often as you like.</p> <p>Pay a one-time enrollment fee of \$29, then pay \$29 a month with a three-month commitment. Sign up online and put your fitness plan into action.</p> <p><i>How to enroll</i></p> <p>Login to <a href="https://www.HighmarkBCBS.com">HighmarkBCBS.com</a> (or register for access by following the instructions).</p> <ul style="list-style-type: none"> <li>• Select Member Discounts.</li> <li>• Scroll to Member Discounts and select Blue365 Discounts.</li> <li>• Select Browse Fitness.</li> <li>• Scroll to find Fitness Your Way by Tivity Health and click Details.</li> <li>• Select Login to Redeem (register for Blue365 by following the instructions for first time users.)</li> <li>• Once registered select Browse All Deals and select Fitness Your Way by Tivity Health.</li> <li>• Select “Click Here to Enroll Now.”</li> </ul>
Education opportunities	<p><b>Highmark’s Digital Wellness Platform: Sharecare*</b></p> <p>Sharecare is the digital health platform that helps you manage your health in one place. The Sharecare platform provides you – no matter where you are in your health journey – with a comprehensive and personalized health profile, where you can dynamically and easily connect to information, evidence-based programs and health professionals you need to live your healthiest, happiest and most productive life. Sharecare offers a wide range of health tools and information:</p> <ul style="list-style-type: none"> <li>• Personal Health Profile.</li> <li>• RealAge Test.</li> <li>• Green Day Health trackers. <ul style="list-style-type: none"> <li>o Alcohol.</li> <li>o Blood Pressure.</li> <li>o Cholesterol.</li> <li>o Diet.</li> <li>o Fitness.</li> <li>o Medication.</li> <li>o Relationship.</li> <li>o Sleep.</li> <li>o Steps.</li> <li>o Stress.</li> <li>o Weight.</li> <li>o Blood Glucose.</li> <li>o Smoking.</li> </ul> </li> <li>• Ask MD.</li> <li>• Personalized Health Topics.</li> <li>• Benefits Hub.</li> <li>• Financial Health Assessment.</li> <li>• Sharecare Windows.</li> </ul> <p>Sharecare is available to members 24/7. Members can register or log in to Sharecare by logging in to the Highmark member website and selecting the Wellness tab and then the Sharecare banner.</p> <p><b>Attend health education or stress reduction classes</b></p> <p>Free/low cost options are available in most communities.</p>
Weight management*	<p><b>Those with a BMI of 25 or higher</b> have medical plan benefits covered at 100% to meet with a registered dietitian nutritionist or your health care provider to come up with a plan to help you maximize your health.</p> <p>Contact Annetta Borntreger Good at Everence at (800) 222-5054 ext. 3347 or <a href="mailto:wellness@everence.com">wellness@everence.com</a> to learn how to use your benefits and avoid unexpected charges for weight management services, since coverage and coding can be a bit tricky in some locations.</p> <p>Preventive benefits are only eligible when using providers that are part of the Highmark PPO Network.</p>

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