

For fully insured or OptiFlex groups that renew or start a medical plan on January 1, 2020 or later.

Premera Wellness Program



When you choose a Premera Blue Cross health plan, you and your employees get access to a wellness program focused on mental health and well-being. Our wellness program is designed to help your employees feel their best and strengthen your organization through increased productivity and healthcare savings.

Here are the three big benefits you get with a Premera Wellness Program.

- 1 A highly personalized and interactive digital self-care application that can be used by your employees anywhere and anytime via mobile app or web to:**
 - Provide in-the-moment coping tools and inspirational resources from myStrength.*
 - Help your employees tackle common issues such as stress, depression, anxiety, and insomnia.
 - Find tools designed to improve and sustain health and well-being.
- 2 An employee assistance program that gives your employees access to:**
 - Three no-cost, face-to-face sessions (per situation) with masters- and PhD-level counselors. Sessions are provided through ComPsych**, the world's largest provider of employee assistance programs.
 - Unlimited and confidential phone and web support for personal, legal, and financial matters.
 - 24/7 access to counselors, including video counseling.
- 3 You get access to ready-to-share employee communications about the Premera Wellness Program on B'link. When you share these communications with your employees, they will be able to better understand and use their benefits.**

For self-funded groups, discuss your wellness program options with your Premera representative or producer.

PREMERA |

BLUE CROSS

An Independent Licensee of the Blue Cross Blue Shield Association

*myStrength® is an independent company that provides behavioral therapy services on behalf of Premera Blue Cross.

**ComPsych® is an independent company that provides employee assistance services on behalf of Premera Blue Cross.