



# Wellness Resources

## Get the most from your medical benefits, offered to you by your employer.

Use these resources to help improve your health, manage health conditions, and get support. Members of the Montana University System Medical plan can explore these resources in Blue Access for Members<sup>SM\*</sup>.

### Blue365<sup>®</sup> Member Discount Program

Blue365 is a website for health-focused discounts. With discounts on health-related products, as well as health and fitness clubs, weight loss programs, and much more, you can decide what choices are right for you while saving money.

### Fitness Program

The Fitness Program offers flexible options to get in shape and stay active. Choose from a network of gyms offering tiered pricing that fits your budget and lifestyle. This program also includes pay-as-you-go classes. You can use the mobile app to find high intensity or yoga workouts. Save even more by bundling family members under one account.



**If you are not currently registered for  
Blue Access for Members, get started today!<sup>2</sup>**

Scan the QR code or go to [bcbsmt.com](https://bcbsmt.com) to register.

Get BAM<sup>SM</sup> to go: Text **BCBSMTAPP** to **33633** to get the app.<sup>3</sup>

## Hinge Health® for MSK

Hinge Health® is a digital health company providing musculoskeletal (MSK) and women's pelvic health programs that turn established, proven, non-surgical care guidelines into coach and PT-led programs delivered remotely using mobile and wearable technology.

### Learn to Live

Learn to Live is a digital mental health platform available at no cost to you or your family (ages 13 and older). If you deal with anxiety, depression, substance use, panic, or sleep problems, Learn to Live has programs that can help. Learn to Live is confidential, and you can access it from anywhere. Programs are based on therapy techniques that help people feel better. Choose the program for you — take a quick assessment today.<sup>1</sup>

### Mental Health Hub

Are you struggling with a mental health issue? Looking for a mental health provider? Or just want to explore resources for your mental health? Our Mental Health Hub is a great place to start. It offers:

- An optional assessment that can help you find the best solution for your needs.
- Access to mental health providers, such as those who treat:
  - Substance use disorders
  - Pediatric mental health
  - Eating disorders
  - Obsessive compulsive disorder
  - Other mental health concerns
- Educational materials, such as videos, podcasts, tools and more.

## Well onTarget®

Well onTarget has the tools and resources to help you manage your health:

- Health Assessments to help you measure your health.
- Digital Self-Management Programs, lessons, and challenges to help you reach your wellness goals.
- With the Blue Points<sup>SM</sup> program, you can earn points by completing activities and reaching goals. These points can be redeemed online for rewards.
- Track healthy habits, sync your fitness and nutrition devices with the Well onTarget portal, or download the app.

### Women's and Family Health

Whether you are giving birth to your first child or going through menopause, we're here to help you.

### Wondr Health

Now you can lose weight, gain energy and sleep better — all while eating your favorite foods. Wondr is a self-paced, online program that teaches you to lose weight and improve your health without giving up your favorite foods. You'll get digital courses, an online dashboard, mobile app, social community, coaching support and more, all focused on helping you build new skills to have a healthy relationship with food and physical activity. It can reduce your risk for serious conditions like diabetes and heart disease.

If you or your covered family members are eligible for this benefit, there are no added costs to participate.

\*These programs are available to you at no cost unless otherwise noted.

1. Internet/Wi-Fi connection is needed for computer access. Data charges may apply. Check your cellular data or internet service provider's plan for details. Non-emergency medical service in Idaho, Montana, and New Mexico is limited to interactive audio/video (video only), along with the ability to prescribe. Non-emergency medical service in Arkansas is limited to interactive audio/video (video only) for initial consultation, along with the ability to prescribe. Behavioral Health service is limited to interactive audio/video (video only), along with the ability to prescribe in all states. Service availability depends on location at the time of consultation.

2. You and your covered dependents age 18 and up can create your own BAM accounts.

3. Message and data rates may apply. See terms and conditions and our privacy policy at [bcbsmt.com/member/account-access/mobile/text-messaging](https://bcbsmt.com/member/account-access/mobile/text-messaging).

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at [wellontarget.com](https://wellontarget.com) for further information. The Well onTarget member rewards redemption service is provided by an independent third party.

Blue365 is a discount program only for BCBSMT members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Employees should check their benefit booklet or call the Customer Service number on the back of their ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program. BCBSMT does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSMT reserves the right to stop or change this program at any time without notice.

Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through Blue Cross and Blue Shield of Montana.

The Fitness Program is provided by Tivity Health, an independent contractor which administers the Prime Network of fitness centers. The Prime Network is made up of independently-owned and managed fitness centers.

Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Montana to provide an online musculoskeletal program for members with coverage through BCBSMT.

The Mental Health Hub is administered by NovaOne. NovaOne is an independent company that has contracted with Blue Cross and Blue Shield of Montana to provide member health platform and tools, mental health administration network and health information content for members with coverage through BCBSMT.

Wondr Health is an independent company that has contracted with Blue Cross and Blue Shield of Montana to provide a metabolic syndrome reduction program for members with coverage through BCBSMT.

BCBSMT makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

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