



WELLNESS AND BENEFIT INFORMATION

Here's to good health in 2020

Check out this exciting benefit included in your health plan.
It'll help you get care when you need it, and save you money, too.



Telehealth, powered by MDLIVE®

Available now and continuing for 2020, telehealth lets you visit 24/7 with a doctor or therapist over the phone or video chat. It's a convenient option when you need a quick consult for non-emergency care like colds or the flu. MDLIVE appointments are affordable, and you don't even have to leave your home or office.

If you or a covered family member needs support from a counselor or psychiatrist, therapy is available through MDLIVE. On the Copay Plan, the fee is \$0. On the high-deductible health plan (HDHP) with a health savings account (HSA), coinsurance applies.

Register now, so you're ready when you need care. To get started, go to your CIS Health Manager on [regence.com](https://www.regence.com) and look for MDLIVE.

MDLIVE is a separate and independent company that does not provide Blue Cross and Blue Shield products or services, and is solely responsible for its products or services.



cis benefits
cisbenefits.org

REG-1

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Supporting your next best step in a healthy life.

As your healthcare partners, CIS and Regence strive to make life healthier and more rewarding for members. To support this mission, we are pleased to introduce BeyondWell.

BeyondWell is a comprehensive lifestyle program that integrates wellness activities, goals, rewards and more into a single place. The result is a truly personalized well-being experience that is tailored to your unique needs.

Our launch is just around the corner! We will kick off the new year with communications on this new program offering. Employees and spouses on the CIS Regence health plan are eligible for this program.

This program will replace the hubbub health offering that you have today. Important Note: Rewards not redeemed by December 31, 2019 will be forfeited.

BeyondWell 2020 CIS member highlights



Healthy rewards

You will now have the opportunity to earn \$150 for healthy activities in 2020.



Greater personalization

As you engage more with BeyondWell, you will see more personalized information for the next best step in managing your health.



Engagement opportunities

There are more ways for you to engage in 2020. There is something for everyone! See the next page for additional details.



Easy access

You'll be able to access BeyondWell in the new year right from your **regence.com** member dashboard.

Coming January 2020!

More ways to engage

BeyondWell takes the guesswork out of the pursuit of well-being. The more you engage with the program, the more personalized guidance you receive to take action toward the next best step in a healthy life. Here are a few standout features you will experience with this new program:



Health assessment

Take 15 minutes to answer questions about your health and receive a personalized well-being plan based on the results.



Personal challenges

Choose from over 40 challenges and make progress on your goals in various areas like nutrition, walking, preventive health and more.



Mobile app

Keep wellness convenient and at your fingertips, anytime, anywhere.



Helpful resources

Boost health knowledge with a library of educational materials and a personalized care checklist that you can share with your doctor.



Device sync

Easily integrate devices and apps you already use and consistently track your progress.



Self-guided programs

Reduce stress, manage weight goals, build resilience and more, with 17 programs to choose from. Participate on your terms and at your own pace.



Chronic Condition Coaching

Are you dealing with a chronic condition? This voluntary program focuses on lifestyle and self-management behaviors to help mitigate complications associated with certain conditions such as diabetes, asthma, and more.

To learn more and view a video of this new benefit, please visit www.cisbenefits.org.

BeyondWell™



Chronic condition coaching

Manage your symptoms and live your best life

Our chronic condition support coaching program focuses on promoting self-management and positive lifestyle decisions to help reduce complications associated with chronic conditions. Our coaches will help you work on staying on top of your treatment plan and medication, supplementing gaps in care, making better lifestyle choices like healthy eating, physical activity and more.

Registered nurses and other qualified health professionals are available to support members with the following health conditions:

Hypertension

Obesity

Asthma

Diabetes

Coronary artery disease (CAD)

Congestive heart failure (CHF)

Chronic obstructive pulmonary disease (COPD)

Members who qualify for this program will be proactively contacted based on Regence claims information.



Support tailored to you

Your dedicated coach will touch base with you regarding your condition, learn more about your overall risk profile, answer questions you may have and encourage engagement in programs that will help improve your overall health and well-being. The program can be accessed via telephone, secure messages on the BeyondWell portal or mobile app and through self-guided digital programs.

This program will be available to CIS-covered Regence health plan members beginning January 2020.