Welcome to Blue Health Solutions™

Blue Health Solutions (BHS) is a health and wellness resource available to you as a value-added feature for being a Blue Cross of Northeastern Pennsylvania member. With BHS, you get the tools, support and encouragement you need to help you and your family make smart decisions for a lifetime of better health.

Unlike other wellness programs, BHS puts you in charge of your health. We give you many resources and solutions to help you reach your health goals. You decide just how much or how little help you would like. Best of all, our approach is working to help many people, just like you, to improve their health.

And because your privacy is important, BHS services are kept secure and private. We will never share the information you share with us (unless required by law).

Blue Health Solutions gives you …

• Your own personal health coach
• Access to a registered nurse, 24 hours a day, 7 days a week
• A confidential online Health Assessment
• Health management services
• Wellness and lifestyle solutions
• Care management services
• Resources for life balance
• Discounts on health-related products and services
• An online personal Health Record
• Online health and wellness tools

This material is not intended as medical advice. Talk with your doctor about this and any other health information.

Check your health care plan contract or employer group benefit summary to determine which health care expenses are covered.

HMO Plans: This managed care plan may not cover all your health care expenses. Read your contract carefully to determine which health care services are covered. 1.800.822.8753

Self-funded group benefits may be different from the benefits and services described here. See your Summary Plan Description for complete details of your coverage.

Blue Cross of Northeastern Pennsylvania administers health care plans offered by Blue Cross of Northeastern Pennsylvania, Highmark Blue Shield, First Priority Health® and First Priority Life Insurance Company®.
Understanding tobacco cessation

Tobacco is the leading preventable cause of disease, disability and death, killing almost half a million Americans each year. This is a risk you can avoid when you make the decision to stop using tobacco products. Your actions today can lead to a healthier tomorrow.

When you quit using tobacco:

- Your blood pressure lowers
- The carbon monoxide level in your blood drops to normal
- Nerve endings start to regrow and your ability to smell and taste is enhanced
- Circulation and lung function increase
- Your risk for a heart attack, coronary heart disease, stroke, ulcers and lung cancer all decrease

Health coaches can help you

The relationship you have with your BHS health coach is your key to living a healthier life. Our health coaches are licensed health professionals, registered nurses and dietitians, who are available by phone to give you the information and support you need.

The Tobacco Cessation program is not meant to replace the care of your doctor. Your BHS health coach will work with your doctor and other health care providers to offer you the personalized resources you need to reach your goal and live tobacco free.

Your health coach can offer you:

- Individualized telephone support to discuss your habit and the effect of tobacco use
- Information, including a Tobacco Cessation book that contains tools to help you better understand your habit
- Links to online resources to help ensure you reach your “quit” goal

With BHS, quitting tobacco has never been easier. You have everything to gain and all you have to lose is a bad habit.

To get started, call a health coach today at 1.866.262.4764 or (TTY) 1.877.720.7771. We are here to help you, weekdays, between 8 a.m. and 8 p.m. ET, or sign in to Self-Service at bcnepa.com and select Health & Wellness.