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. Please talk to 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.

BlueCare® HMO: 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 weight management

Maintaining a healthy weight is important for adults and children. One way to know if you or your child may be overweight is by checking the body mass index (BMI)—the ratio of body weight to height. Your BHS health coach will help calculate the BMI for you and suggest steps that can be taken based on that number. Being overweight or obese puts both adults and children at risk for serious health conditions, such as:

- Heart disease
- Type 2 diabetes
- High blood pressure
- Stroke
- Breathing problems

Knowing your BMI and making the necessary changes can lead to a healthier life.

Health coaches to 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.

Your health coach will work with you to help you make better food choices and show you how you can limit your intake of foods that are high in fat and calories.

Your health coach can also offer you:

- Additional information about nutrition and exercise
- Tips to help kick-start your weight management plan
- Techniques for making healthier meals
- An action plan for healthy lifestyle changes that will help you meet your goal

With BHS you get the help you need to live a healthier life. Managing your weight has never been easier.

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.