



In Health: Blue Health Services

Helping you manage today for a healthier tomorrow

Blue Cross and Blue Shield of Louisiana offers In Health: Blue Health Services — a population health management program to help you if you have a chronic health condition.

At no additional cost to eligible members, In Health: Blue Health Services offers you health coaching, help to pay for prescription drugs, information to help you learn more about your health condition and caring support.

Can you participate in the program?

As an OGB plan member, you are automatically enrolled in population health management if you:

- ◆ Have Magnolia Open Access, Magnolia Local or Local Plus, Pelican HSA 775 or Pelican HRA 1000,
- ◆ Do not have Medicare as primary health coverage and
- ◆ Have been diagnosed with one or more of these ongoing health conditions:
 - Diabetes
 - Coronary artery disease
 - Heart failure
 - Asthma
 - Chronic obstructive pulmonary disease (COPD)

What can the program do for you?

You can...

- ◆ Learn more about your condition and how it affects you
- ◆ Find out how to work with your doctor to manage or improve your health
- ◆ Understand more about the medicines you take and why you take them
- ◆ Receive health information that will help you understand, manage and improve your condition

What is a health coach?

Our health coaches are Blue Cross nurses or healthcare professionals who:

- ◆ Give you individual support and attention
- ◆ Help you set healthcare goals
- ◆ Assist with coordinating your care
- ◆ Serve as your advocates and advisors
- ◆ Give you important health information
- ◆ Help you find qualified physicians, and
- ◆ Reduce the barriers to good health outcomes

How can the program save you money on prescriptions?

- ◆ \$0 for generic drugs for a 31-day supply of covered drugs
- ◆ Pay only \$20 (31-day supply), \$40 (62-day supply), and \$50 (93-day supply) for brand-name drugs, when a generic is not available
- ◆ Covered drugs include certain drugs specifically prescribed for treating diabetes, coronary artery disease, heart failure, asthma and COPD

How can you join the program?

Simply call our toll-free number and speak with one of our Health Services Specialists who can get you started.

We will assign to you a personal Blue Health Coach who will ask you a series of questions to get a better picture of your individual healthcare needs. After that, together you and your Blue Cross Health Coach can help you plan to improve and maintain your overall health.

Give us a call, we're here to help!

Population Health Management:
(800) 363-9159



Louisiana



Louisiana



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LIVE BETTER LOUISIANA

January marks a new year for Live Better Louisiana (LBL), the Office of Group Benefits' (OGB) game plan for better health! You may have participated in LBL during the 2014-2015 program year and for that we thank you. If you qualified to receive a premium credit on your 2016 health insurance, you will start to see that in your paycheck in January.

To qualify for the discount on your Blue Cross health insurance in 2017, you must:

- 1) **be the primary policyholder of an OGB Blue Cross health plan;**
- 2) **complete a Catapult Health clinic (or Primary Care Provider form);**
- 3) **complete the online Personal Health Assessment by Aug. 31, 2016; and,**
- 4) **be enrolled in a Blue Cross health plan for the 2017 plan year to be eligible for the credit.**

Catapult Health clinics start statewide in January. You can schedule your no-out-of-pocket cost check-up today at www.bcbsla.com/OGB. Your check-up will include lab-accurate diagnostic tests and a consultation with a licensed nurse practitioner. We are adding more clinic dates and locations frequently, so check back if you don't see a time or place that works for you. Got Twitter? Follow us at [@LiveBetterLA!](https://twitter.com/LiveBetterLA)

CALL US TODAY!

The **InHealth: Blue Health** disease management program can help you save money on your prescriptions, reduce the chances of you going to the hospital and help you take an active role in your health. Just call us to sign up and speak with one of our health coaches.

Call toll-free: **(800) 363-9159**
Monday – Friday
8 a.m. – 5 p.m.

Please be sure to update your current telephone number and home address so that our health coaches can keep in touch with you!

- **Active employees:** Call your agency's HR department.
- **Retirees:** Send a letter to:

*Office of Group Benefits/Eligibility Dept.
P.O. Box 66678
Baton Rouge, LA 70896*

Or by fax to (225) 342-9917

The disease management program is not available to Medicare primary members.