



ADDRESSING MORE  
THAN SYMPTOMS

NO COST  
TO  
YOU

PRIORITY  
★YOUR★  
HEALTH



# Wellness Support Programs

BETTER HEALTH ■ STARTS HERE

Whether you're trying to improve your mental well-being, manage a chronic condition like diabetes, or simply live a healthier life, your CareFirst plan includes tools and resources to help you reach your goals.

★ LET'S GET STARTED ★



## Behavioral Health Digital Resource

### Emotional support

Get behavioral and mental support 24/7 through 7 Cups, the world's largest behavioral health support system.<sup>1</sup>

- Talk with someone who understands
- Learn new coping skills
- Join a support forum
- Connect with a licensed therapist\*



Get started or learn more:  
[carefirst.com/myaccount](https://carefirst.com/myaccount)

\*Standard medical benefits apply.



## Burnalong

### Whole health support

Access over 17,000 live and on-demand classes taught by 2,500+ credentialed instructors in over 50 categories.<sup>2</sup>

- Traditional fitness and nutrition
- Yoga and mindfulness
- Financial wellness
- Support for chronic conditions
- Adaptive workouts

Supports every age, fitness level and wellness goal.



Get started or learn more:  
[join.burnalong.com/carefirst-bcbs](https://join.burnalong.com/carefirst-bcbs)



## CareFirst WellBeing<sup>SM</sup>

### Whole health support

Manage your physical, emotional, social and financial well-being with your digital wellness program.<sup>3</sup>

- Join challenges, get tailored content, and access biometric data, lab results and more
- Now includes **Noom**, an award-winning weight loss program designed by psychologists
- Complete healthy activities to earn up to \$250 in your HIA—for details go to [carefirst.com/usps](https://carefirst.com/usps)



Get started or learn more:  
[carefirst.com/wellbeing](https://carefirst.com/wellbeing)



## Diabetes Virtual Care Program

### Chronic condition support

Prevent or manage diabetes with our virtual care program available through Onduo, a leading diabetes management company.<sup>4</sup>

- Get unlimited test strips shipped to your door
- Track glucose data with your smartphone
- Get personalized food and activity recommendations
- Connect virtually with dedicated endocrinologists



Get started or learn more:  
[onduo.com/carefirstrefer](https://onduo.com/carefirstrefer)



## Ovia

### Reproductive health support

Included with your CareFirst WellBeing program, Ovia supports your reproductive health by providing maternity and family resources.<sup>5</sup>

- **Fertility**—cycle tracking, research and tips, unlimited health coaching
- **Pregnancy**—tips, articles and trackers for your healthiest pregnancy
- **Parenting**—health and development guidance, trackers for your baby or toddler



Get started or learn more:  
[carefirst.com/wellbeing](https://carefirst.com/wellbeing)



## PrudentRx

### Specialty medication savings—Effective June 1, 2024

Save more with PrudentRx and better manage the rising costs of specialty medications.<sup>6</sup>

- **\$0 out-of-pocket cost**—participating members can get eligible specialty medications at no cost
- **Enrolling is easy**—program advocates will guide you through the process; opt out anytime
- **Manufacturer assistance**—you can also get help obtaining non-need-based assistance where applicable



Get started or learn more:  
[PrudentRx.com](https://PrudentRx.com)

Or call PrudentRx at **1-800-578-4403**.



## SmartShopper

### Financial well-being support

Save money and earn cash when you shop for quality in-network medical care for routine procedures and tests.<sup>7</sup>

- **Shop**—when your doctor recommends a routine medical procedure
- **Go**—have the procedure at the cost-effective location of your choice
- **Earn**—once the procedure is complete and the claim is paid, you'll receive a reward check in the mail



Get started or learn more:  
[carefirst.com/myaccount](https://carefirst.com/myaccount)

Or call the SmartShopper Personal Assistant Team at **888-345-2873**.



# Register for My Account and tell us how you'd like to hear from us.

It's quick and easy. My Account provides 24/7/365 secure online access to your health plan. To sign up, visit [carefirst.com/myaccount](https://carefirst.com/myaccount) from your computer, tablet or smartphone and select the *Register* tab. Follow the steps to complete your registration.

## On the go?

Take us with you! Search for "CareFirst" in your favorite app store and download the free app today.

## With My Account you can:

- Find a doctor
- Track your deductible and out-of-pocket expenses
- View or print your member ID card
- Sign up to go paperless
- Check the status of your claims
- Review your benefits
- View your explanation of benefits (EOB)
- Get in touch with us



## Looking for more information about your CareFirst plan?

Visit [carefirst.com/usps](https://carefirst.com/usps).



<sup>1</sup> 7 Cups is an independent company that does not provide Blue Cross Blue Shield products or services.

<sup>2</sup> The information and materials posted on and accessible through the Bernalong site are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Reliance on any information provided by Bernalong, contributors to the site, or other users of the site is solely at your own risk.

<sup>3</sup> This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

<sup>4</sup> This program is by Onduo, LLC, an independent company that does not provide Blue Cross Blue Shield products or services.

<sup>5</sup> Services and resources are offered through Ovia Health, a leading women's health company.

<sup>6</sup> Due to limitations within various external pharmacy systems, the use of the PrudentRx solution with high-deductible health plans (HDHPs) that include health savings accounts (HSAs) will be limited to those medications included on the client's specialty drug list and dispensed by CVS Specialty®. It will not include limited distribution drugs. Not all specialty prescriptions offer manufacturer assistance. Eligibility for a third-party copay assistance program is dependent on the applicable terms and conditions required by that particular program and are subject to change. A copay assistance program may not be used with any Federal health care program. Participating members enrolled in an HDHP with HSA must fully satisfy their deductible before they are eligible for a final \$0 out-of-pocket cost, unless the member has been prescribed a medication that qualifies as "preventive care" under the Internal Revenue Code. Some manufacturers require you to sign up to obtain copay assistance that they provide for their medications. In that case, you must call PrudentRx to participate in copay assistance for that medication. PrudentRx will also contact you if you are required to enroll in copay assistance for any medication that you take. If you choose to opt out of the program or if you do not affirmatively enroll in any copay assistance as required by a manufacturer, you will be responsible for 30% of the cost of your specialty medications.

<sup>7</sup> The SmartShopper program is offered by Sapphire Digital, an independent company that provides administrative services for CareFirst BlueCross BlueShield members. Sapphire Digital does not sell BlueCross BlueShield products. Incentives available for select procedures only. Payments are a taxable form of income. Rewards may be delivered by check or an alternative form of payment. Members with coverage under Medicaid or Medicare are not eligible to receive incentive rewards under the SmartShopper program.

CareFirst BlueCross BlueShield is the shared business name of CareFirst of Maryland, Inc. and Group Hospitalization and Medical Services, Inc., which are independent licensees of the Blue Cross and Blue Shield Association. BLUE CROSS®, BLUE SHIELD® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.



**Make your health a priority  
and get the support you need,  
when you need it—all at no cost.**

**YOU DELIVER FOR US. LET US DELIVER FOR YOU.**