



Programs Enhancing Member Health and Wellbeing

Program Name	Who's Eligible	Description
Good Health Gateway 800.643.8028 MIIA.GoodHealthGateway.com	Available to those on a MIIA/BCBS health plan ages 18 and up.	Diabetes management program to increase care and medication adherence through incentives (\$0 copays for medication/ supplies).
Ompractice ompractice.com/miia	Open to members and non-members of health plan age 13 and up.	Live virtual yoga, meditation, and other mind/body classes.
Learn to Live Learntolive.com/partners Enter access code: miia	Open to members and non-members of health plan age 13 and up.	Online programs and clinical assessments based on the proven principles of Cognitive Behavioral Therapy. Stress, Anxiety & Worry, Depression, Social Anxiety, Insomnia, and Substance Use.
Quizzify App.quizzify.com/users/sign_up/mma	Non-members can play but don't earn prizes.	A monthly Jeopardy-like trivia game that can help participants improve lifestyle, save on health care costs, and differentiate health facts from myths.
Smart Shopper 1-877-281-3722 Log in to bluecrossma.org and click the SmartShopper link.	Available to those on a MIIA/BCBS health plan (not open to every BCBS plan and retirees).	Cashback on non-urgent medical procedures when using preferred providers.

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<p>Ex Program Visit BecomeAnEX.org/signup/MIIA to get started.</p>	<p>Available to those on a MIIA/BCBS health plan.</p>	<p>Digital tobacco/vape cessation program in collaboration with Mayo Clinic that includes nicotine patches/gum delivered to the home. Active online community (peer support), and live-chat coaching from experts.</p>
<p>EAP myassistanceprogram.com/miia-eap/</p>	<p>EAP is open to all employees and their households in MIIA member groups.</p>	<p>In-person and telephonic counseling, training courses, management consultations, critical incident stress debriefing, work/life resources.</p>
<p>Telephonic Wellness Coaching emiia.org/well-aware/wellness-coaching</p>	<p>Available to those on a MIIA/BCBS health plan ages 18 and up.</p>	<p>Up to 10 phone coaching sessions per year with a certified coach. Coaches provide the guidance, accountability and support you need to live a healthier lifestyle. You and your health coach will work together to identify goals and strategies to meet those goals.</p>