

Healthy Living Programs through Blue Shield of California

Blue Shield of California

Healthy Lifestyle Rewards Program: Members can earn up to \$200.00 a year. The purpose of the program is to help members think healthier and create healthy habits. A member can earn their first \$50.00 by completing a health assessment. If you are a member, anyone in your family that is over 18 and covered by Blue Shield can log in and make up to \$200.00 over the course of the year as well.

Teladoc: Members have 24/7/365 access to an on-call physician and/or pediatrician who can prescribe medications over the phone for things that a person would typically go to Urgent Care for (chest colds; sinus infections, etc.). A member must already have an established medical history – which can be done online for free. If it is done over the phone, there is a \$12.00 charge.

LifeReferrals: Counseling services similar to the Employee Assistance Program (EAP). Each year, Blue Shield members are eligible for:

- Three free counseling sessions every 6 months **in addition** to their EAP benefits through the state.
- Three face-to-face counseling visits in each six-month period.
- One 30-minute consultation with an attorney per issue.
- One 30-minute consultation with a mediator per issue.
- One 60-minute session with a financial professional per issue.
- Unlimited phone consultations with LifeReferrals 24/7 specialists.

Call LifeReferrals 24/7 toll free any time at (800) 985-2405. LifeReferrals 24/7, including referrals to community resources, are confidential and available for no copayment or extra cost. Any costs associated with using the community resources are the responsibility of the member. *Some services may not be available to all Blue Shield members; they should check their plan Evidence of Coverage.

Wellness Discount Program: Employees can save money and get healthier with services such as health clubs discounts, weight loss, massage therapists, etc.

- [ClubSport and Renaissance ClubSport](#)
- [Weight Watchers](#)
- [24 Hour Fitness](#)
- [Drugstore.com](#)
- [QualSight LASIK](#)
- [TLCVision Eye Centers](#)
- [Alternative Care Discount Program](#)