



Healthy LifestylesSM Solutions

Driving healthy behaviors to help lower your health care costs

Healthy Lifestyles Solutions, a comprehensive health and wellness program, is made available with all Independence Blue Cross (IBC) medical plans to empower your employees — from the healthy to the chronically ill — to achieve and maintain their best possible health.

Your employees are your most valuable asset, and healthy employees are more engaged and productive. Combining easy-to-use online tools and personalized support, Healthy Lifestyles Solutions reaches employees with information to help motivate lasting behavior change.

Reimbursements for healthy behaviors

More than anything else, the ordinary decisions people make every day are the things that most influence our health and well-being — what we eat, how much we move our body, how we deal with stress.

Online resources

With tools powered by WebMD® on ibxpress.com, your employees will have access to:

- [Provider and hospital finder](#)
 - [Symptom checker](#)
 - [Health trackers](#)
 - [Medical encyclopedia](#)
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With this in mind, IBC offers members reimbursements to encourage those small lifestyle changes that can lead the way to better long-term health and well-being.

Members can receive up to \$150 back for completing a weight management program, visiting a gym at least 120 times in a year, or completing a tobacco cessation program.

Contact your IBC account executive or independent broker for more information.

Easy-to-use online tools help drive healthy actions

Your employees can get started on the road to good health by using the WebMD® suite of online health management tools through IBC's secure member website, ibxpress.com.

The following tools are at your employees' fingertips — all in one place — to help them assess their health, create meaningful action plans, and track their progress:

- **Wellness Profile** – After answering some simple questions, your employees immediately receive a health score and a personalized action plan for improvement.
- **Personal Health Record (PHR)** – Tracks your employees' medical history — such as doctor visits, personal health data, and prescription drugs — from one centralized, secure location.
- **My Health Assistant** – Using information from the Wellness Profile and PHR, this online coaching tool guides members in setting goals, choosing healthy activities that fit their needs and lifestyle, and tracking their progress to stay motivated.

Health Coaches support health management decisions

Health Coaches are registered nurses who serve as a single point of contact to answer your employees' health-related questions, address concerns, and coordinate care to help improve health outcomes.

Our Health Coaches have a 360-degree view of a member's health using our Nurse Dashboard tool, which includes claims history, pharmacy utilization, and information from the Personal Health Profile. This tool enables them to have more meaningful and productive interactions with members, to help them reach their health goals.

