

# Excellus BlueCross BlueShield

## Wellbeing Benefit Workshops

- Our wellbeing benefit workshops give your employees the most up-to-date information about the wellbeing resources included in their health plan.
- Workshops are virtual and 30 minutes in length. A 10-participant minimum applies per session.
- Contact your Sales Account Consultant or Wellbeing Engagement Consultant for more information or to schedule a workshop for your employees.



**Everybody Benefits**

A nonprofit independent licensee of the Blue Cross Blue Shield Association  
18769-24M

## Workshop Menu



### Making The Most Of Your Health Plan

Do your employees know about all the tools, programs, and resources included with their Excellus BlueCross BlueShield membership? This session provides an overview of key wellbeing features to help members and their families live healthier lives. This session covers the Excellus BCBS website and mobile app, telemedicine, prescription home delivery\*, wellbeing deals and discounts, preventive screenings and more.



### Virtual Care Overview

Virtual care offers on-demand, convenient and affordable quality care for your members. This session educates members on the different types of virtual care, how to be prepared if you can't get to your own doctor, and options for finding care including telemedicine with MDLIVE\* for medical and behavioral health and Vori Health\* for virtual physical therapy.



### Care Management & Wellframe App Overview

For little questions, links to additional resources, or big health challenges, Excellus BCBS care managers can help support members of all ages at no added cost. This session educates members about this free service, plus covers the Wellframe® App, which gives them instant access to a dedicated care manager, dietitians, nurses, and other health care professionals to help them meet their health and wellness goals.



### The Importance of Preventive Health

This session educates members on ways to take an active role in their own health care, including finding a doctor, preparing for appointments, planning for the future, the value of preventive screenings, and more.



### Blue365 Overview

Blue365 is an exclusive online marketplace for Excellus BCBS members. Save money by getting discounts from health and wellness retailers around the country for things like fitness gear, gym memberships, healthy eating, family activities and more. This session covers a live demonstration of the Blue365 website and highlights hot deals in categories like fitness, nutrition, apparel & footwear, hearing and vision, and more.



### ThriveWell\* and Headspace\* Overview

ThriveWell, powered by Virgin Pulse, is a new digital home base for health and wellbeing that gives members the tools and support they need to make small, everyday changes to their wellbeing. This includes a health assessment, micro-learning activities, daily healthy habit check-ins, preventive care checklists and more. Members also have access to Headspace, a leading digital app that can support members' mental wellbeing through mindfulness, improving sleep quality, movement and exercise for the body and mind, boosting focus with music, meditations and more. This session covers a live demonstration of the ThriveWell and Headspace websites.

\*Benefits vary by group