



We've Got You Covered

Resources for your well-being



Well-being is personal and means something different to everyone. However you picture your well-being, LSC offers many resources to support you.

Make health and fitness more affordable

- If you are an LSC Medical Program participant, the **Blue365® Member Discount Program** offers deals on things like meal planning programs, workout clothes, virtual fitness programs, trackers and more. Visit blue365deals.com/BCBSIL to learn more.
- Membership in the **Well onTarget® fitness program** gives LSC Medical Program participants:
 - Unlimited access to a nationwide network of more than 10,000 fitness locations.
 - A network of health and well-being providers such as massage therapists, personal trainers and nutrition counselors.

Visit bcbsil.com/lsc, log in to Blue Access for MembersSM and click Fitness Program under Quick Links to learn more. **Enroll during May or June 2021, and the one-time enrollment fee is waived if you use code MAYSTART or JUNESTART.**

Eat healthier for life

If you are an LSC Medical Program participant, **Wondr Health™** can help you lose weight and improve your health. Go to wondrhealth.com/lsc to learn if you qualify for this free, personalized program.

Deal with the stress and challenges of life

Your **Employee Assistance Program (EAP)** is available 24/7 to help you take control of your concerns, no matter how big or small, for a variety of physical, financial and emotional issues. Plus, get up to six confidential, no-cost EAP visits per incident annually. Call **1-877-409-1488** or visit achievesolutions.net/lsc. All employees and immediate household members are eligible!

Manage hypertension and diabetes: small steps for lasting change

Omada is for you if you are at risk for type 2 diabetes or heart disease and an LSC Medical Program participant. This free, personalized program combines tools and support to help you make changes — whether that's around eating, activity, sleep or stress. To check if Omada's for you, visit omadahealth.com/lsc and take the 1-minute health test.

Free yourself from tobacco

The **Well onTarget® tobacco cessation program** provides free access to telephone-based coaching, online support and nicotine-replacement therapy for LSC Medical Program participants. Visit wellontarget.com or call **1-877-806-9380**.