



Pool Tools and Resources

Important Tools and Features



BCBSM Website

Create an account to search for doctors, order ID cards, view claims and access benefits. Check out the BCBSM App for these services on the go.



Telehealth and Nurseline

Get 24/7 help through the free nurse line or BCBSM online visits.



Cost Transparency

Shop for services and prescriptions on BCBSM's website or through tools like GoodRx.com

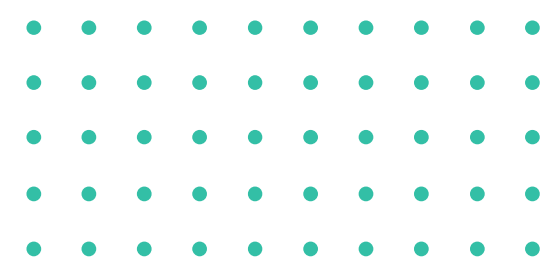


2nd Opinions

The Pool offers free online consultations with the world's top doctors through 2nd.MD for serious diagnoses, upcoming surgeries, chronic conditions, and more.

Your Blue Cross Member Account and Mobile App

Create an online account to access all of your health plan information and resources



Review coverage and plan information

View deductible, coinsurance, and out-of-pocket cost balances

View and share your virtual ID card using text or email

Go to bcbsm.com/register, download the BCBSM app, or text REGISTER to 222764



Blue Cross Online Visits

Things to know

Medical visits

See a doctor on demand or by appointment
24 hours a day, seven days a week

- Visits generally last about 10 minutes, but the doctor will spend as much time as needed

Behavioral health visits

Talk to a therapist and/or psychiatrist about life's challenges from the comfort of your home

- 45 minutes visits
- Medication management



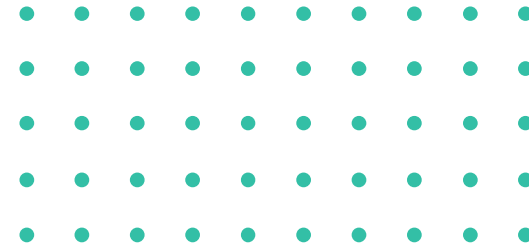
Ready to sign up?

Visit bcbsmonlinevisits.com or
download the BCBSM Online Visits app



Blue Cross Member Discounts

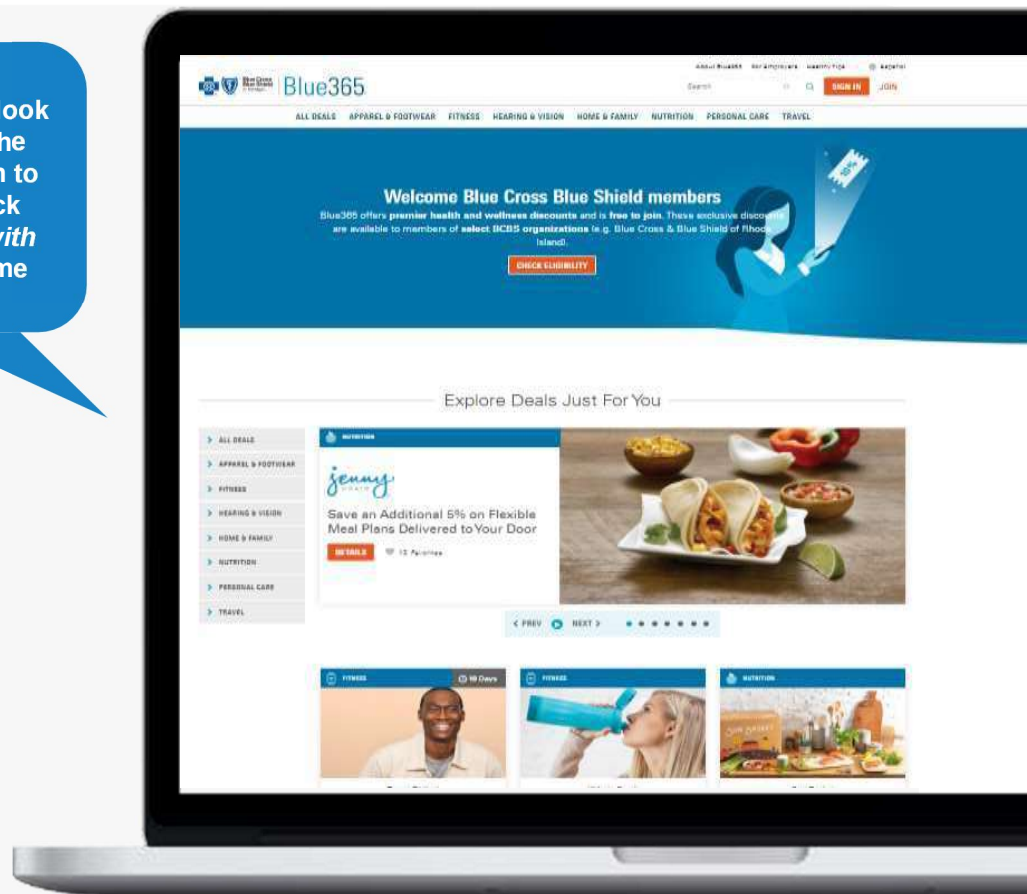
Take advantage of exclusive member discounts through Blue365



With Blue365® you get discounts on:

- Apparel & Footwear
- Fitness and Nutrition
- Hearing & Vision
- Travel
- and more!

To access discounts, look under the menu in the Mobile App OR log in to bcbsm.com and click *Member Discounts with Blue365* on your home page.



Expert Opinions with 2nd.MD

2nd.MD offers virtual second opinions about your:

- disease, cancer, or condition
- surgery or procedure
- medications and treatment plan

all from the comfort of your home!

WHO IS ELIGIBLE?

2nd.MD is confidential, fast, and FREE for you and your covered dependents enrolled in The Pool's medical plans.

GET STARTED TODAY

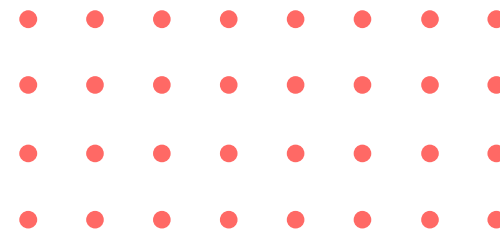
visit the website

www.2nd.MD/wmhip

call at

1.866.841.2575

download the app



Diabetes Support and Prevention



Diabetes Reversal

If you or a family member have been diagnosed with Diabetes, Virta helps you lower blood glucose levels, lose weight, and reduce your need for medication by making meaningful changes to your diet.



Diabetes Maintenance

Receive a smart glucose meter, unlimited strips and lancets, and have access to expert coaches who provide advice on diet, lifestyle, and more.








Diabetes Prevention

Build sustainable habits to improve your health and lose weight with access to interactive, digital lifestyle programs; professional health coaches; and more. You and/or family members are eligible if at risk for Type 2 Diabetes.

Virta

Learn how to change your diet so your body burns fat for energy, lowering your blood sugar and need for diabetes medication

What does the treatment include?

-  Unlimited 1:1 health coaching
-  Free diabetes testing supplies like meters and strips, delivered right to your door
-  Doctor-driven support
-  Smartphone app for tracking ketones, glucose, and weight
-  On-demand resources like recipes, grocery lists, meal plans and more



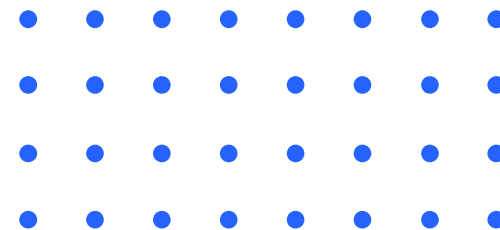
“After 3 days on Virta I was able to stop taking Metformin because my blood glucose numbers were so low!**”**
– Pool member

Ready to learn more?

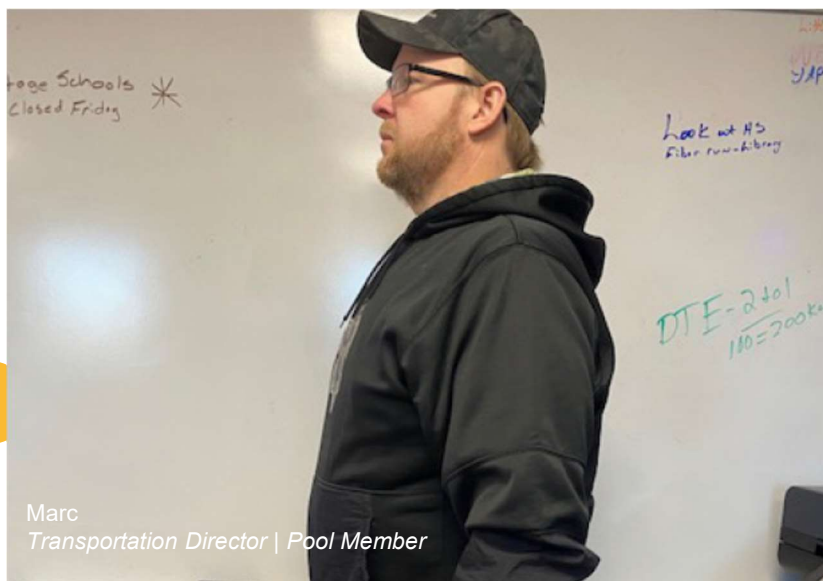
Visit virtahealth.com/join/thepoolmi or scan this code with your smart phone:



Virta – Member Testimonial



Marc, Transportation Director for Schoolcraft Community Schools lived with type 2 diabetes and thought medication was the only answer. After joining Virta, his life completely changed in just a few months.



“I am just astounded with the results. Having a father who is diabetic is my motivation to help myself for a longer, healthier life.”

Learn more at virtahealth.com/join/thepoolmi

Results after 10 months on Virta

- ✓ **Weight Loss:** Lost over 50 pounds
- ✓ **Lifestyle:** Boosted his energy and ambition
- ✓ **Blood Sugar:** Learned how to control blood sugar through nutrition

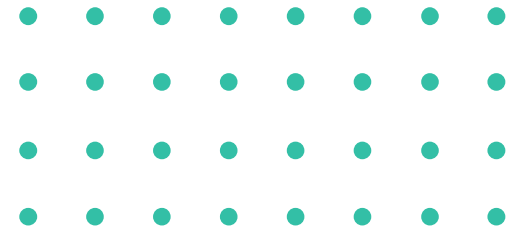
Ready to enroll?

Scan this code with your smart phone:



Livongo/Teladoc Health

Livongo helps make living with diabetes easier

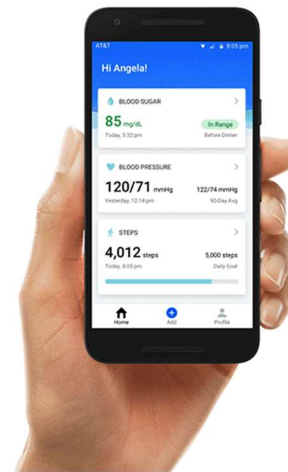


Sign up and receive:

- ✓ An advanced blood glucose meter (\$200 value)
- ✓ Unlimited strips and lancets, right to your door
- ✓ 24/7 real-time support for out-of-range readings
- ✓ Personalized tips, action plans, and coaching



Livongo coaches hold a variety of nationally recognized credentials and certifications to support members – ranging from dietitians and RNs to behavioral and exercise psychologists.



Get started:
Text “GO WMHIP” to 85240 to learn more and join, visit Join.Livongo.com/WMHIP/ register or call 800-945-4355 and use registration code: **WHMIP**

Omada

Whatever 'healthy' means to you, Omada helps you get there

What you get with Omada:

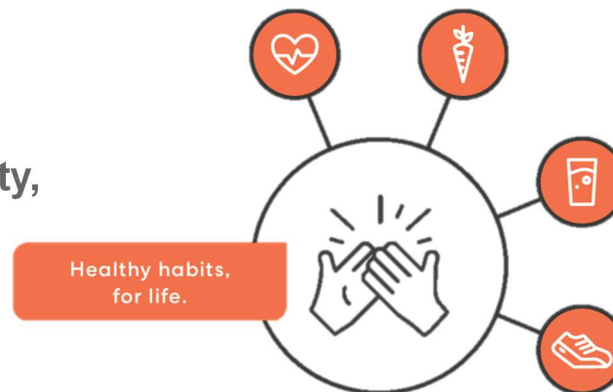
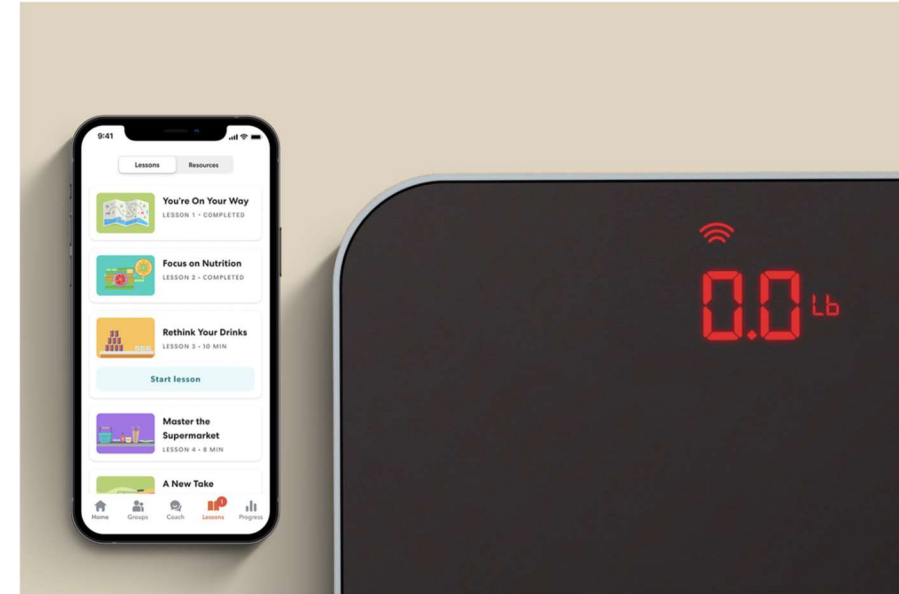
- ✓ A plan built around you
- ✓ Dedicated health coach and care team
- ✓ All the smart health devices you need

Do what works for you

We'll help you figure out the healthy habits and routines that work for you—motivation included.

24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.



See if you're eligible:

Visit omadahealth.com/wmhip or scan this code with your smart phone:



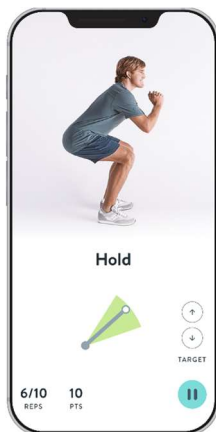
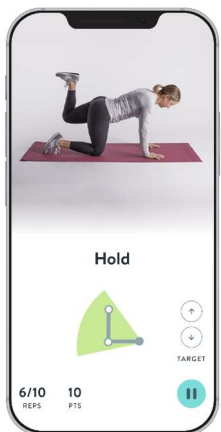
Hinge Health

Conquer back and joint pain from the comfort of your home

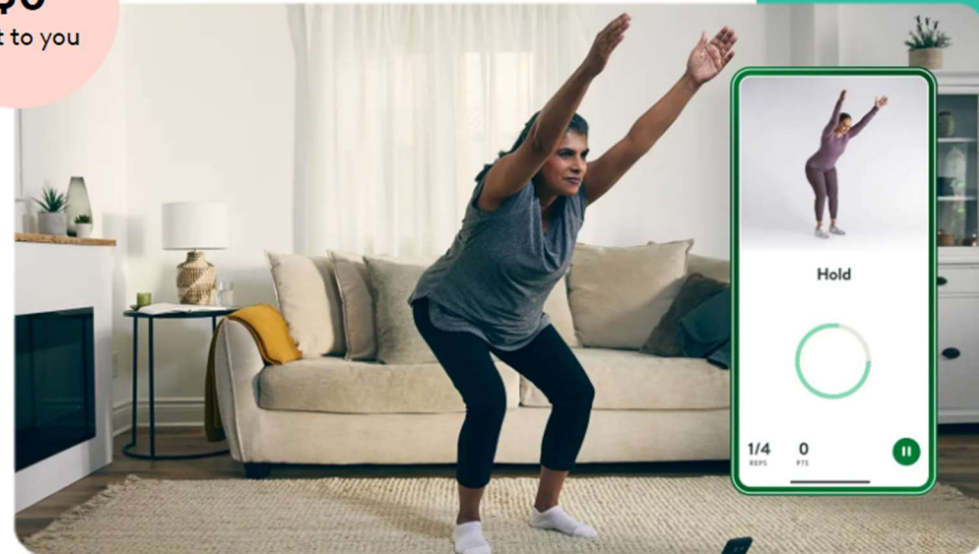
Hinge is a virtual exercise therapy program tailored to you and can help with back, knee, hip, neck, and shoulder pain.

Sign up and receive help with:

- Joint pain or limited movement
- Recovering from a past injury
- Reducing stiffness in achy joints



\$0
cost to you



Ready to enroll?

Scan this code with your smart phone or visit hingehealth.com/thepool to learn more and sign up today

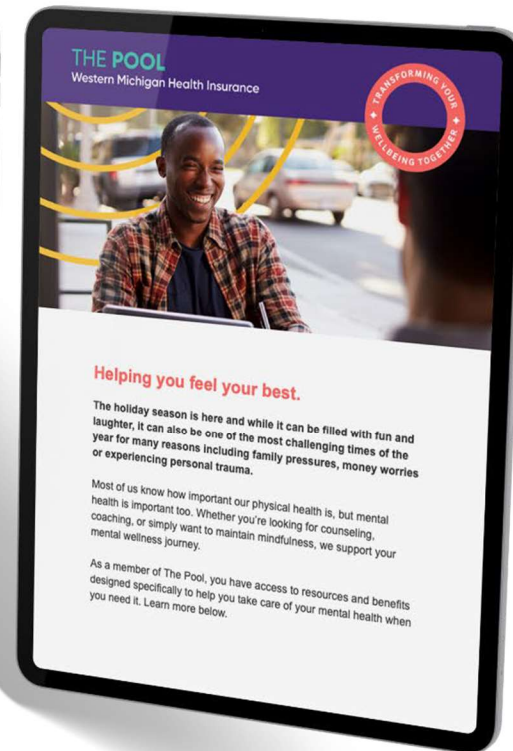
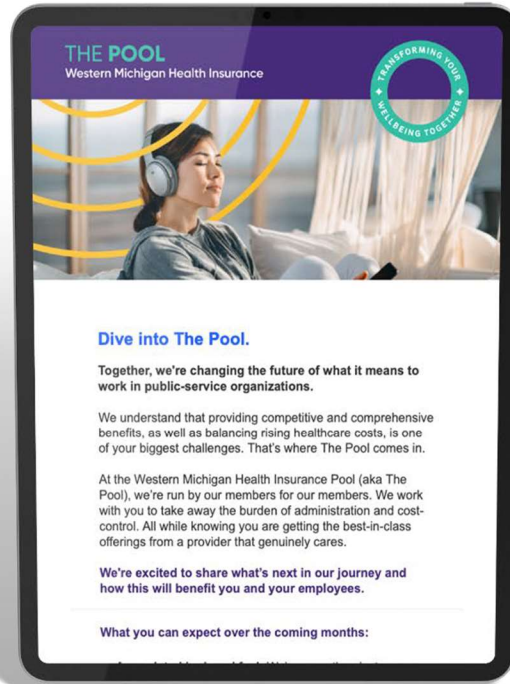
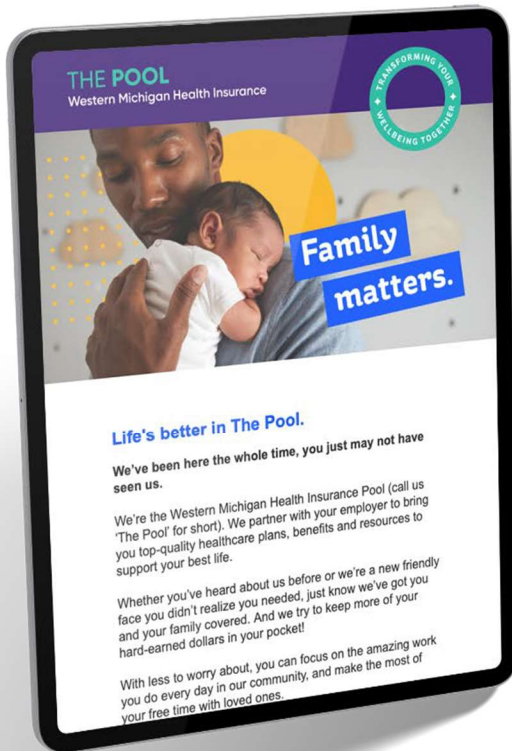
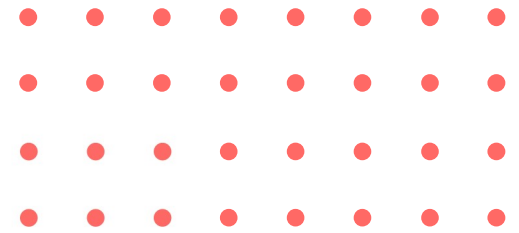


THE POOL

Western Michigan Health Insurance

Employee Communications

Personalized communications focused on your overall wellbeing



Look out for emails from comms@thepoolmi.org to stay informed on important dates, various physical and mental health resources, and reminders of all your free benefits throughout the year.

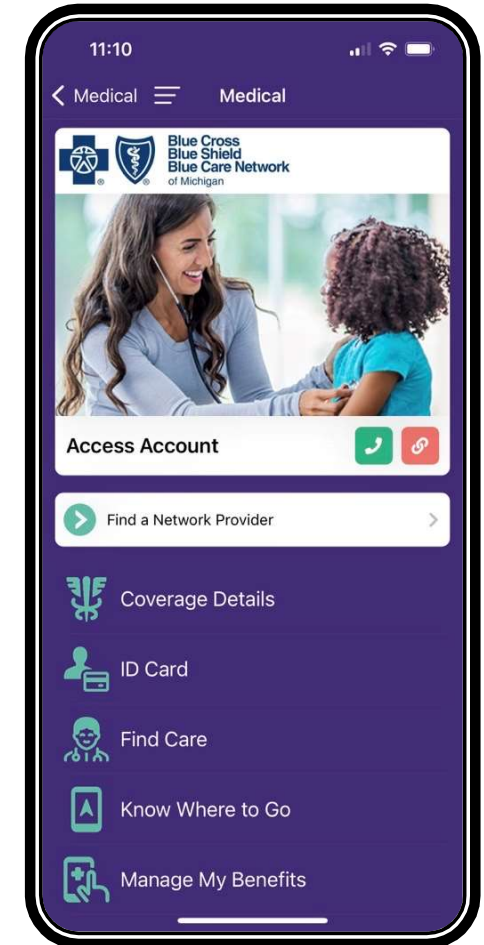
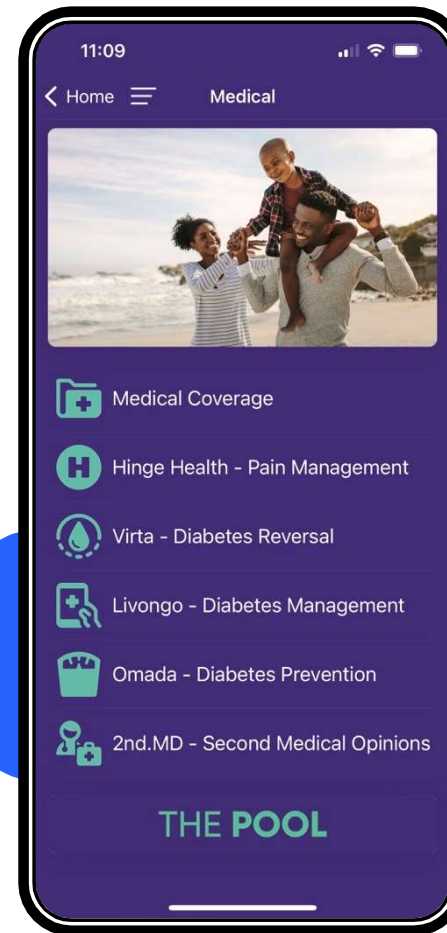
“ The Pool emails are a good reminder of many activities that we probably already know, but sometimes we don't take the time to implement.
-Sparta Area Schools Pool Member

The Pool App - Coming Soon!

Your new Pool member app will give you access to your health information, all in one place.

The Pool app will house information on:

- Your medical benefits through Blue Cross Blue Shield of MI
- Free Pool programs and resources
- Important health reminders throughout the year
- And more!



THE
POOL

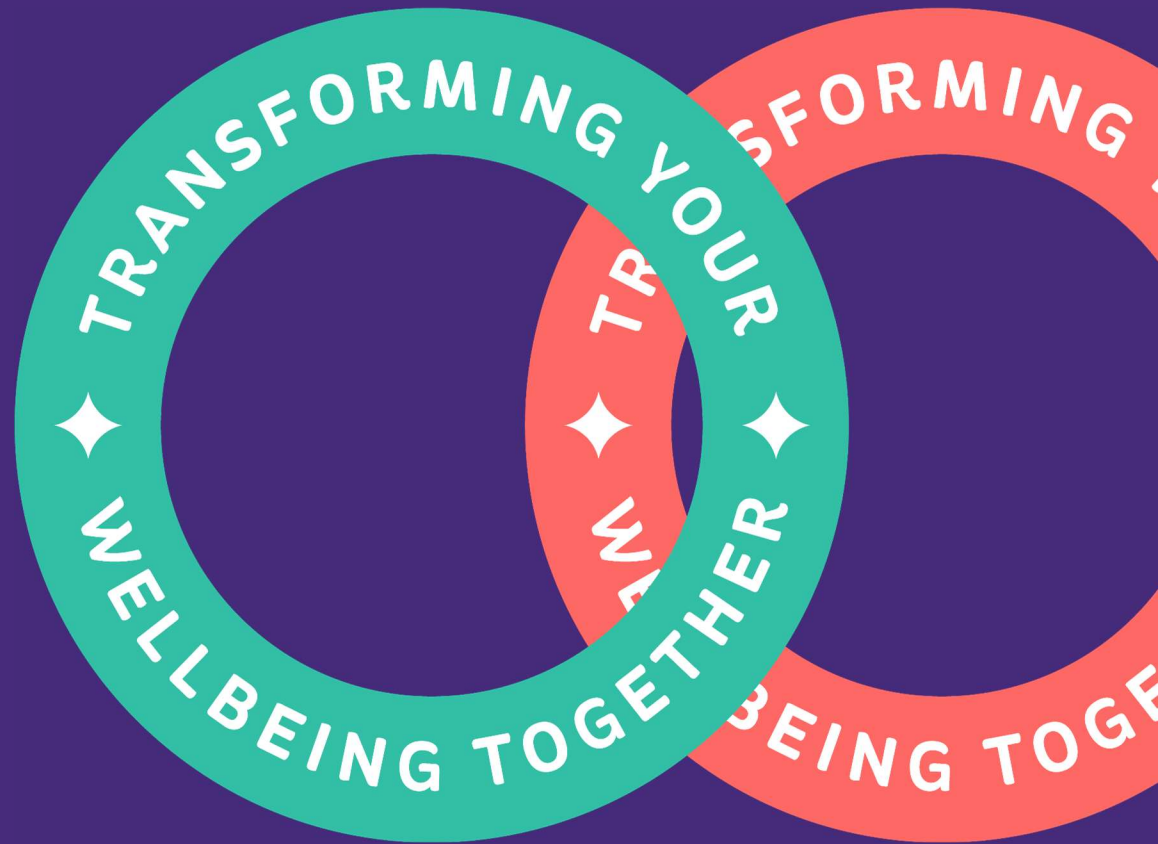
Want to download?

Look out for an email from The Pool on when and how you can access to app soon!

THE POOL

Western Michigan Health Insurance

Thank
you



THE POOL

Western Michigan Health Insurance

This proposal (analyses, report, etc.) is an outline of the coverages proposed by the carrier(s) based upon the information provided by your company. It does not include all the terms, coverages, exclusions, limitations, and conditions of the actual contract language. See the policies and contracts for actual language. This proposal (analyses, report, etc.) is not a contract and offers no contractual obligation on behalf of GBS.