

Find a personalized plan to help you get and stay healthy

Health and wellness programs for MEA Benefits Trust members

MEA Benefits Trust health plan members can get extra support at no extra cost.

ConditionCare

ConditionCare is an Anthem Blue Cross and Blue Shield program that offers support to people with the following conditions:

- Asthma
- Diabetes
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure (CHF)
- Coronary artery disease (CAD)

If you have one of these health issues, call **1-866-596-9812** to enroll.

Members who use ConditionCare can also save on covered medical services and prescription drugs that help manage their condition. Your covered family members may use ConditionCare, too.

Future Moms

If you're having or planning to have a baby, take advantage of Anthem's Future Moms program. This resource gives you telephone access to a registered nurse, 24/7, for pregnancy-related questions and support after delivery. You'll also receive educational materials to help you understand the changes your body and developing baby are going through.

Call **1-866-347-8360** as soon as you know you're pregnant to start earning rewards.

24/7 NurseLine

Talk to a registered nurse when you have health questions or need help finding the right care. Just call **1-800-607-3262**, any time.

Flu shots

Anthem and the MEA Benefits Trust program work with local providers or your school's health services to provide you with annual flu shot clinics.



Rewards*

When you join ConditionCare, you'll earn a \$100 gift card from one of more than 200 major retailers. Work with your nurse coach to manage your condition. After you graduate from the program, you'll get another \$100 gift card.

You'll also receive valuable gift cards when you enroll in Future Moms. Choose a \$100 gift card from hundreds of retailers each time you complete a phone assessment with a Future Moms nurse: one during your first trimester, another during your second trimester and a third after your baby is born. That's up to \$300 in gift cards!

*Members must be age 18 or older to qualify for program rewards.



Onlife Health wellness program

With Onlife Health, you can earn and redeem points for prepaid debit cards by getting screenings, working with a health coach and completing challenges and other activities.

Employees, retirees, spouses/domestic partners and dependents age 18+ are eligible, if covered under the MEABT health plan. To learn more:

1. Log on through **OnlifeHealth.com** or visit the Onlife Health link at **meabt.org/wellness-programs**.
2. Choose **Get Started** and log in with key code "MEABT."
3. Follow the directions to create your username and password. You'll need them whenever you access the site.

Start earning points today! Each point is worth \$1. You can redeem points for prepaid debit cards in \$50 increments – up to \$150 per plan year. Visit OnlifeHealth.com for more details.

The Member Assistance Program is free and confidential. Even if you're not on the health plan.

You and your family can get help dealing with a wide range of problems. From relationship, parenting and family concerns to emotional issues like stress, anxiety, depression and grief. Even substance abuse and financial and legal matters. Just contact the MEA Benefits Trust Member Assistance Program (MAP) through Anthem Blue Cross and Blue Shield in Maine. **It doesn't matter if you have insurance coverage, you and your dependent family members can access MAP.** Call the MAP 24/7 to set up free visits with licensed therapists, attorneys, financial advisors and other professionals.

1-855-686-5615

anthemEAP.com

Password for all: MEA Benefits Trust

Need help?

Here's a list of toll-free phone numbers to keep handy:

- *ConditionCare* – 1-866-596-9812
- *Future Moms* – 1-866-347-8360
- *ConditionCare and Future Moms gift card information* – 1-877-489-6505
- *24/7 NurseLine* – 1-800-607-3262
- *Member Assistance Program* – 1-855-686-5615
- *Onlife Health program* – 1-877-806-9379
- *Onlife Health reward cards* – 1-888-371-2109
- *MEA Benefits Trust* – 1-888-622-4418 (meabt.org)

