

Easily show the value of your benefits

Use the content below to show employees what's included with their benefits and how to access them. You'll find titles and description options ready for you to use with your brochures, company newsletters and training materials.

Copy and paste the title and a description for the benefits that you have and use them in the document that you're creating.

BCBSND.me, your personalized health benefits manager

Short Description: BCBSND.me simplifies your health care experience. Access your ID card, explanation of benefits, wellness tools and more, all in one place. Visit BCBSND.me or download from the app store.

Long Description: BCBSND.me simplifies your health care experience. Whether searching for care, managing your coverage or exploring wellness programs, BCBSND.me puts everything at your fingertips. With it you can access your ID card, explanation of benefits, wellness tools and more, all in one place. Visit BCBSND.me or download from the app store.

VitellaCare, managed by Crossover

Short Description: Get primary care, mental health, lab work and more from your trusted care team at VitellaCare. Book an appointment and learn more at vitellacare.com.

Long Description: Health care feels more personalized and accessible at VitellaCare. Get primary care, mental health, preventive care, lab draws and more – all in one place from a trusted care team. Book an appointment and learn more at vitellacare.com.

Amazon Pharmacy with MedsYourWay®

Short Description: Order your medicine online for less, with free shipping and help from pharmacists. Sign up at amazon.com/bcbsndmeds.

Long Description: Save money by ordering your medicine online. Get discounts and free shipping with this online pharmacy. Plus, pharmacists are available 24/7. To get started, sign up at amazon.com/bcbsndmeds.

Omada

Short Description: Reduce your risk for diabetes and heart disease with Omada. You can find this virtual program on BCBSND.me.

Long Description: Reduce your risk for diabetes and heart disease with Omada. This virtual program offers coaching, tools and support to help lose weight and build healthy habits. Find it in BCBSND.me.

Sword Health

Short Description: Prevent and recover from joint, muscle or movement pain on your time, in your space with Sword Health. Find it in BCBSND.me.

Long Description: Prevent and recover from joint, muscle or movement pain on your time, in your space with Sword Health. It's a virtual program that pairs you with a doctor of physical therapy and tech to help you move better, feel stronger and live pain free. Find it in BCBSND.me.

meQ, or meQuilibrium

Short Description: Build resilience and lower stress with tools and support from meQ. You can find this virtual program on BCBSND.me.

Long Description: Build resilience and lower stress with meQ. This virtual program offers simple tools and personal support to help with stress, burnout, anxiety and focus. Find it in BCBSND.me.

Wellbeats

Short Description: Stay active, eat better and manage stress with virtual classes from Wellbeats. Find it in BCBSND.me.

Long Description: Stay active, eat better and manage stress with Wellbeats. It offers more than 1,200 classes, including workouts, stretches, mindfulness, cooking and more. You can find it on BCBSND.me.

Member Advocacy Program

Short Description: Find support when health challenges feel overwhelming. Member advocates help eligible members understand their benefits and what to do next. Learn more at BCBSND.com.

Long Description: Find support from member advocates when you're facing an overwhelming health challenge, such as a serious diagnosis or long recovery. They help eligible members with many types of tasks, including clarifying benefits. They are here to support you and guide you through difficult times. Learn more at BCBSND.com.

Prenatal Plus and High-Risk Maternity Program

Short Description: Get support from nurses through your pregnancy. Find it on BCBSND.me.

Long Description: Get added support before, during and after pregnancy. Nurses offer personalized guidance, resources and care to help you have a healthy pregnancy and adjust to life with your baby. Learn more about them on BCBSND.me.

Care Management

Short Description: Connect with a care manager to help manage your health and feel more in control. Learn more about Care Management on [BCBSND.me](https://www.bcbsnd.me).

Long Description: Get one-on-one help from a care manager who listens, explains your care and connects you to helpful tools. They'll help guide you through your health journey. Learn more about Care Management on [BCBSND.me](https://www.bcbsnd.me).