

IUOE LOCAL 4 HEALTH AND WELFARE HEALTHY PROGRAMS

A variety of additional programs, discounts, savings, resources and tools are available to help you get the most you can from your health plan. Take advantage of the following:

Best Doctors	For medical advice from world class specialists to confirm your diagnosis and treatment	1-888-362-8677
Best Doctors Back Program	Receive care from specialists with the best results in back treatment	1-866-904-0910
Blue Care Nurse Answer Line	Talk to a nurse 24/7	1-888-247-BLUE (2583)
Caremark RX Plus Discounts	A discount program for prescriptions not covered under your RX benefits, including pet meds	1-877-673-3688
COB Savings Bank	Receive up to \$600 per family per year for claims savings based on spouse/dependent claims paid primary through Other Insurance	1-888-486-3524
CVS Caremark ExtraCare Health Card®	Receive 20% discount on hundreds of CVS brand products and earn points for additional discounts	1-888-543-5938
Davis Vision Value Advantage Program	Receive discounted eye wear and exams outside normal benefit limits or discounts on laser vision surgery	1-800-999-5431
Disease Management	For management of your chronic condition	1-800-392-0098
Employee Assistance Program	For help with personal problems through Modern Assistance Programs	1-800-878-2004
Fitness Benefit	Health Club reimbursement to \$150 per family per year	1-888-486-3524
HealthLine	A bi-monthly newsletter summarizing Plan benefit changes and articles for your health	www.local4funds.org
Healthy Discounts	Discounts on safety helmets, Sonicare Toothbrush, and child and home safety products	www.bcbsma.com-mywellbeing
Healthy Me	On line information on fitness, nutrition, wellness, self care	www.AHealthyMe.com
Living Healthy Babies®	Resource to keep you and your baby healthy	1-800-233-3344
Living Healthy Naturally®	Receive discounts with Holistic Providers and in-network benefits for Acupuncture and Massage.	www.AHealthyMe.com
Living Healthy Smoke Free	Telephonic counseling to quit smoking, plus RX meds through Caremark	1-800-TRY-TO-STOP (879-8678)
Weight Loss Benefit	Reimbursement for Weight Watchers or hospital based Diet Programs up to \$150 per family per year	1-888-486-3524