

# Insurance Resources for Health and Wellness

***Many insurers provide low or no cost health and wellness resources for their members. Below are a few examples.***

***Please check with your insurance provider for more information.***

## **Aetna**

<https://www.aetna.com/health-guide/lesser-known-health-perks-plan-may-offer.html>

Depending on your plan, you may have access to:

- Discounts on gym memberships
- Access to health coaching
- Discounts on holistic treatments/equipment
- Discounts on diet and weight management plans (e.g. Jenny Craig, Nutrisystem)
- Aetna's Informed Health Line- 24/7 health hotline

Please review your plan or log into your Aetna account for more information.



## **Blue Cross and Blue Shield of Kansas**

<https://www.bcbsks.com/health-and-wellness>

Depending on your plan, you may have access to:

- Free wellness management programs- members, ages 18 and older can receive one-on-one support from a nurse over the phone for tobacco cessation, weight management and stress management. For more information, call 800-520-3137 between 8 a.m. and 4:30 p.m.
- Strive- is an online resource with powerful tools, including a personalized health risk assessment and more. It is customizable to reach your health goals.
- Blue365- Access to weekly deals and discounts related to fitness and healthy eating. Weekly emails with reminders and deals.
- Wellness Media Library- online resource for information on insurance, certain conditions and behaviors, and care.

Log into your BlueAccess account to see if your plan gives you access to these online resources.



## **Humana**

<https://www.humana.com/manage-your-health/achieving-health-goals>

Depending on your plan, you may have access to:

- Go365- earn rewards for completing prevention activities, attending community events, and completing verified workouts. Find eligibility and register on MyHumana. Sign in to see if your plan includes Go365.



## United Health Care

<https://www.uhc.com/health-and-wellness>



Depending on your plan, you may have access to:

- UnitedHealthcare Rewards- earn rewards by completing health-related activities
- Rally- a mobile app and website that helps you learn simple ways to better manage your health
- SimplyEngaged- wellness incentive program with tips for supporting a healthier lifestyle
- UnitedHealth Personal Rewards- tailored solutions to improve your health and rewards
- Peloton- a year-long Peloton App+ Membership or a 3-month waiver on an existing Peloton All-Access Membership. You may be able to get preferred pricing on Peloton equipment.
- Real Appeal- healthy lifestyle and weight management program for building better habits. Support from an online health coach in group sessions and tools for building healthy habits.

## Medicare

- Obesity health counseling
- Nutrition and lifestyle therapy for those with diabetes and kidney disease
- Some plans cover counseling to help beneficiaries focus on diet and exercise to lose weight
- For part B plans, weight loss counseling and screenings are covered in full if received from a primary care doctor who accepts Medicare assignment.

**Medicare.gov**

## Medicaid

- Medicaid can cover a range of services to prevent and reduce obesity including Body Mass Index (BMI) screening, education and counseling on nutrition and physical activity, prescription drugs that promote weight loss, and bariatric surgery.

**Medicaid.gov**  
Keeping America Healthy

## SilverSneakers Fitness Program- <https://tools.silversneakers.com/>

Available with certain Medicare plans at Aetna, Blue Cross and Blue Shield (KS and KC), Humana, and Washington National

**SilverSneakers**

- Eligible members may have free access to participating fitness centers, pools, and exercise classes.