

Wellness program

blueprint

Wellness

Supporting your pursuit of a healthier lifestyle

When you choose a healthier lifestyle, your health plan has tools and resources to help you succeed.

Your health plan includes wellness, which means you have plenty of healthy-living tools and resources at your fingertips. And more tools and resources give you more opportunities to make better lifestyle decisions. Ask your plan administrator about which programs are available to you as part of your company's health plan.



Health portal

Your home base for healthy living. Use the health portal to learn more about your health, set goals and track your wellness journey. You'll have access to a wellbeing assessment, action plan, virtual coaching and tons of self-guided learning opportunities. Access the health portal through Blueprint Portal at blueprintportal.com.



Chronic condition management

Case manager specialists work with you to set goals and manage one of seven chronic conditions (if you've been diagnosed): asthma, cardiovascular health, chronic obstructive pulmonary disease, congestive heart failure, diabetes and renal disease.



Case management

Registered nurse case managers will talk to you about your condition, help you schedule a doctor's appointment, manage your care and educate you on staying healthy. It's free and confidential!



Special Delivery

Early detection, education and treatment can help with a healthier pregnancy. You'll have a dedicated OB nurse a phone call away throughout your pregnancy. Register on Blueprint Portal.



Arkansas
BlueCross BlueShield

An Independent Licensee of the Blue Cross and Blue Shield Association



Lifestyle management

Lifestyle coaches have one-on-one meetings to help higher-risk people begin their wellness journey.



24-hour nurse line

24/7 support when you need help making a healthcare decision, like where or when to seek care. Questions? Visit our member site, Blueprint Portal at blueprintportal.com, for more information about your health plan, or call Nurse24 at 1-800-318-2384.



Deep discounts on health and wellness

Blue365[®] gives Blue Cross and Blue Shield members deals and discounts on healthy living.

- Log in to Blueprint Portal at blueprintportal.com
- Choose **Healthy deals and discounts** in the menu (under Health & Wellness)
- Shop for workout gear, shoes, wearables, gym memberships, meal subscriptions and more

Save money and live healthier with Blue365.

