

The Trustees rolled out a Wellness Program initiative in October to encourage healthier life styles among our members and your families. All members and dependents 18 and older in the #86 “Under 65” Insurance Plan are eligible to participate in the Wellness Programs. The tools available to participants are very powerful. The key is your commitment and motivation....your motivation.

Wellness components that are at “your finger tips” include:

- 1) Online Healthy Living Programs (HLP) to help you achieve your health goals in a fun, interactive way. You will have access to 10 fully personalized programs, along with interactive tools and trackers: Healthier Diet Program, Easy Start Program, Weight Loss Program, Get In Shape Program, Stress Relief Program, Healthy Aging Program, Diabetes-Fighting Program, Cancer-Fighting Program, Healthy Heart Program & a Custom Program to structure a program *your* way! You can access the HLP through the “For Members” link on the Excellus BCBS website www.excellusbcbs.com. You will need to initially register using the subscriber ID on your #86 health card the first time you access the site. During the registration you will select a “user name” and “password” that you’ll use each time you access the site in the future.**

- 2) Personalized telephonic support to quit tobacco through the “Quit For Life” program and access to Quit Coaches seven days a week from 8 a.m. to midnight. Free nicotine replacement products supplied, if recommended. Call 1-800-442-8904.**