



NO COST

Self-implemented programs using free downloadable resources from [BCBSM.com/engage](https://www.bcbsm.com/engage)

Participate in our free [Win by Losing](#) contest that includes a toolkit

Smoking cessation and health discounts with [Tobacco Coaching](#) and [Blue 365](#)

BCBSM [Virtual Well-being](#) weekly webinars

Employer information at [MiBluePerspectives](#)

[Blue Distinction Centers](#) for members considering bariatric and MSK surgeries

[BCBSM Coordinated Care](#) – Core Plan for managing complex and chronic conditions

[BCBSM Wellness Program](#) packages, Fitbit fulfillment or worksite health screening programs

[Digital Engagement](#) for online resources including virtual visits

[Integrated pharmacy benefits](#) make it easy for members!

ADD-ONS

[Diabetes](#) – diabetes management solution through Livongo

[Pre-diabetes](#) prevention solution through Livongo

[Hypertension](#) prevention program through Livongo

[Maternity and Family Building](#) Support Options

[Network](#) and Benefit Options