



Ready to drive down health care costs?

Ready to motivate you to get healthy?



BlueCross BlueShield of Montana



Your group health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your employer's wellness program coordinator, sponsor, or Human Resources office and they will work with you to find a wellness program with the same reward that is right for you in light of your health status.



BlueCross BlueShield of Montana

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Blue ValueSM

TOTAL HEALTH MANAGEMENT PROGRAM



From Good Intentions to Better Outcomes

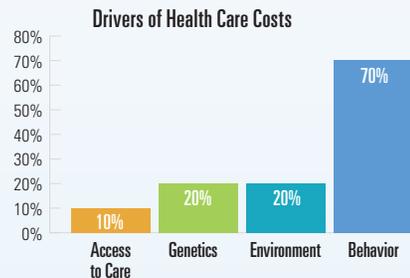
Wellness programs have been around for a long time—with mixed results. Total Health Management (THM) is different. Using sound clinical guidelines, specific goals, and effective incentives, THM gives employers a clear path to engaging employees and achieving results.

Just what the doctor ordered. In coordination with a primary care provider, THM gives members clear, specific, achievable goals—like controlling weight, blood pressure, and cholesterol levels. The program offers members the resources they need to be successful, while rewarding them for achieving results.

Why Wellness Matters

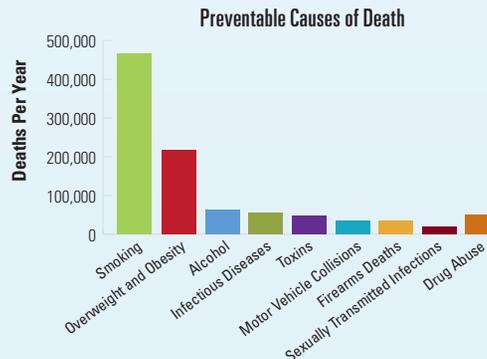
Today, upwards of 75% of health care costs are incurred treating preventable illnesses.

- For every 100 employees:
- 71 are overweight
 - 80 are inactive
 - 32 have high cholesterol
 - 15 smoke
 - 32 have high blood pressure



Three top health factors are the leading contributors to illness and rising health care costs:

1. Smoking
2. Overweight and Obesity
3. Alcohol



Source: Mokdad AH, Marks JS, Actual causes of death in the United States, 2000, JAMA 291

How THM Works

1. Complete preventive health measures and cancer screenings (if applicable).
2. BCBSMT performs data analytics with tools and systems designed to identify your population's high risks.
3. Using individual results, BCBSMT assigns each member a 'health factor score.'
4. Employers use participation results or health factor scores to reward participants. (Rewards are the employer's responsibility.)

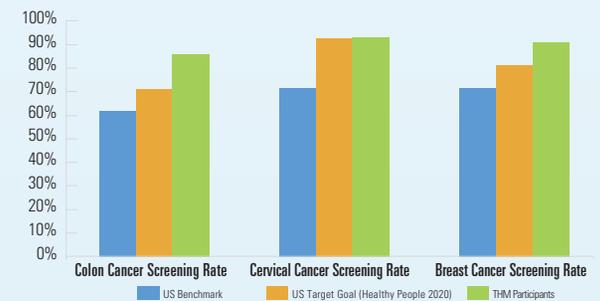
Why Participate in THM?

THM enhances the relationship between members and their primary care providers—emphasizing screening and preventive care, capturing a detailed picture of health status, and charting a path for improved health.

Potential benefits to employees:

- Enhanced well-being and morale
- Decreased health risks and health care costs
- Better work-life balance and increased job satisfaction
- Helpful support and convenient tools and resources

THM Preventive Cancer Screening
Summary Statistics 2016



Report includes aggregate data for groups that have had a THM Form due date before the end of the year and have at least a 25% or greater participation rate.