

Live Healthy. Live Blue.



Wellness Guide



**BlueCross BlueShield
of Mississippi**

It's good to be **Blue.**

WHAT DOES IT MEAN TO BE HEALTHY?

Healthy You! is an important
first step along your Blue
Wellness Journey.



Healthy You! is about you and your health.

By visiting each year with your *Healthy You!* Primary Care Network Provider to know your health numbers, you can establish goals to manage your health risks, feel better and live a healthier life. *Healthy You!* can help you identify potential health issues before they become serious problems.

Taking ownership of your health and living a healthy lifestyle today will allow you to be healthier in the future. You and your Primary Care Network Provider will not only be managing your health, but also your future healthcare costs.

What is *Healthy You!*?

Healthy You! is a wellness benefit that provides you and your covered dependents with an annual wellness visit with your *Healthy You!* Network Provider. This wellness benefit is paid at 100% with no deductible, copay or coinsurance when you use your *Healthy You!* Network Provider.

Covered wellness screenings and immunizations are based on age and gender to ensure you receive the screenings you need to understand and manage your health risks, both at an early age and as you get older.

Healthy You! is about helping you stay well. If you are sick on the day of your *Healthy You!* visit, re-schedule your visit for a day that is more appropriate for you to discuss your health and wellness.

Your Primary Care Home

Healthy You! gives you an opportunity to establish a relationship with a **Blue** Primary Care Network Provider who will be your “home” for wellness and coordination of your care needs along your Blue Wellness Journey.

Your Primary Care “Home” will be:

- Where you visit each year for your annual *Healthy You!* wellness screenings, set healthy lifestyle goals and to talk with your Primary Care Network Provider about your health.
- Where you go throughout the year to visit with your Primary Care Network Provider, if necessary, based on your health numbers to manage your high blood pressure, high blood sugar, high cholesterol or achieve a healthy weight.
- Where you go when you require care that needs to be coordinated with another Network Provider or you need to be referred to a Network Specialist or Center of Excellence.

How Do I Get Started?

This guide will take you through what you need to know and what you and your covered dependents need to do to be healthy. You should always take this guide with you to your *Healthy You!* visit.

1. Read the “Know Your Health Numbers” section (p 3-5) to understand what your health numbers should be.
2. Get familiar with covered wellness screenings (p 6-7) and immunizations (p 8-9) for your age and gender so you will know what should be done and what will be covered at your *Healthy You!* visit.
3. Schedule a *Healthy You!* visit for yourself and other covered members of your family with a Primary Care Network Provider. Let them know that you are making a *Healthy You!* appointment when you call.
4. Use page 10 of this guide to write down any prescriptions you take, if they are a lower cost or generic drug and any questions you want to ask your provider.

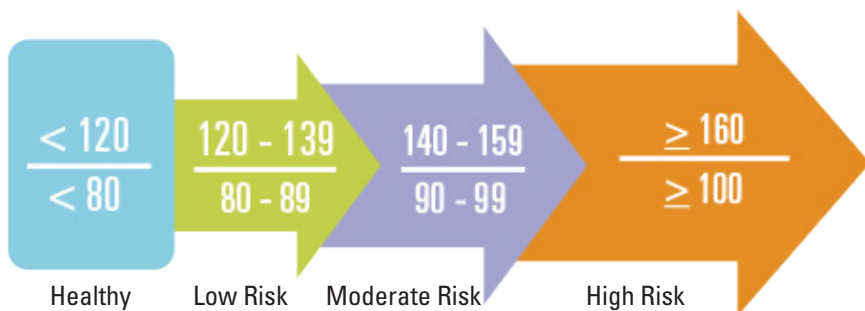
5. Take this guide with you to your appointment and remind the front desk that you are there for your *Healthy You!* visit. Ask your provider to give you your health numbers so you can track them in the chart on page 10 of this guide.
6. Talk to your provider about:
 - a. What your numbers mean;
 - b. Your overall health;
 - c. Your risk for certain diseases;
 - d. Health risks related to personal or family health history;
 - e. What your provider thinks you should do to improve your diet and exercise habits;
 - f. Quitting tobacco, if needed (Your Primary Care Network Provider can also help you enroll in our free Be Tobacco-free Program.);
 - g. Emotional and social well-being;
 - h. Alcohol use and substance abuse.
 - i. Important developmental milestones in children; if your child is healthy, talk to your provider about how they are developing.
7. Create a *Healthy You!* wellness plan with your provider and write your specific goals on p 11-12.

Biometrics – “Know Your Health Numbers”

There are some important numbers you need to know to understand your risks for heart disease, stroke, diabetes, cancer and other diseases. These important numbers, also known as biometrics, include your blood pressure, cholesterol, blood sugar (glucose), height and weight. Talk with your Primary Care Network Provider about these numbers – and make sure you know them at the end of your *Healthy You!* visit.

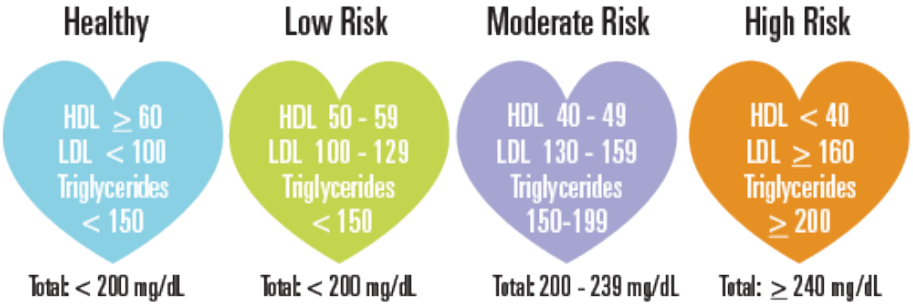
Blood Pressure

Blood pressure is the force of blood against the inside walls of your arteries. It is recorded by systolic pressure, which is the pressure when blood is pumped out of the heart and into your arteries, and diastolic pressure, which is the pressure when your heart is resting. Normal blood pressure is classified with a number of less than 120 (systolic) over 80 (diastolic). High blood pressure, or hypertension, can increase your risk for heart disease, heart attack, and stroke. Like many health problems, blood pressure can often be managed through lifestyle changes such as eating healthy, exercising and being tobacco-free.



Cholesterol

Cholesterol is a naturally occurring substance in the blood, but too much can cause your artery walls to thicken and increase the likelihood of a heart attack and stroke. Total cholesterol is made up of “good” cholesterol (HDL) and “bad” cholesterol (LDL). To be healthy, you need to have a certain amount of good cholesterol (HDL) and a limited amount of bad cholesterol (LDL). Your goal is to have a total cholesterol number of less than 200.



Talk with your Primary Care Network Provider about how you can lower your cholesterol through lifestyle changes. Many times, it is possible to lower your cholesterol through diet and exercise. If your provider does recommend a prescription drug, be sure to ask for a generic or lower-cost alternative.

Blood Sugar (Glucose)

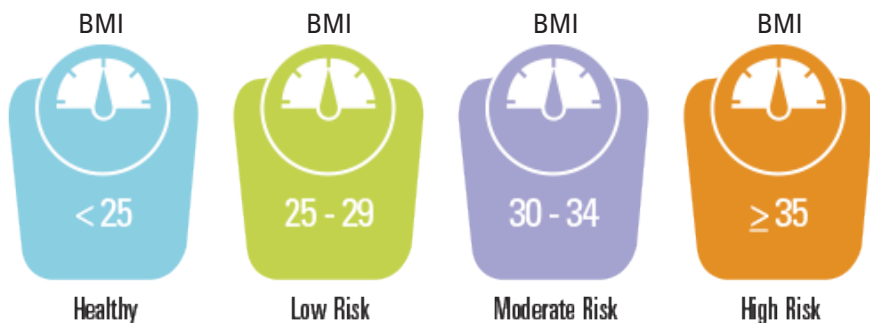
High blood sugar can lead to diabetes. Diabetes is a condition that results in the inability of the body to process carbohydrates and sugar (glucose). Diabetes is one of the fastest growing health problems and one of the leading causes of death in the United States.

Type 2 diabetes can be managed, or even prevented, by living a healthy lifestyle that includes a healthy diet and exercise.



Healthy Weight (BMI)

Being overweight can elevate your blood pressure, lead to Type 2 diabetes, and increase your risk for heart disease, cancer, arthritis and depression. Body Mass Index (BMI) is the most common measure for defining if you are overweight or obese. Ask your Primary Care Network Provider about your Body Mass Index. If you are overweight or obese, talk with your provider about healthy ways to lose weight through changing your diet so you eat less (and eat healthy) and through exercise (by becoming more physically active).



The following table will help you determine whether your BMI is in the healthy weight, overweight or obese category. Find your height in the left column, then look to the right to find your weight. Your BMI category will be found at the top of the column. You can find more information by visiting www.cdc.gov and searching for “Adult BMI Calculator” or “Child and Teen BMI Calculator.” You will find a lot of useful information on the website about achieving and maintaining a healthy weight.

Body Mass Index (BMI)

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height in inches	Weight in Pounds													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	133	138	143	148	153	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328
	Healthy						Overweight					Obese		

Be Tobacco-Free

Tobacco use increases your risk for lung cancer, emphysema and is a major contributor to heart disease. If you don't use tobacco, don't start. If you use tobacco, stop. Talk with your Primary Care Network Provider about options for quitting or visit our website at www.bcbsms.com for information and resources that can help you be tobacco-free.



Preventive Wellness Guidelines

Services Recommended/Number of Times Recommended for Age Range	Female birth-24 months	Male birth-24 months	Female 2-11 Years	Male 2-11 Years	Female 12-17 Years	Male 12-17 Years	Female 18-34 Years	Male 18-49 Years	Female 35-49 Years	Male 50+ Years	Female 50-64 Years	Female 65+ Years
Preventive Medicine Evaluation or Re-Evaluation Once per calendar year As part of preventive medicine evaluation or re-evaluation, preventive counseling as appropriate for age or stage of development and risk factors.	9 Visits	9 Visits	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Hemoglobin, Hematocrit or CBC	1 ◆	1 ◆	1 ◆	1 ◆	1 ◆	1 ◆						
Immunizations See pages 8-9 for details	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Blood Pressure Once per calendar year	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Glucose Once per calendar year			2 ◆	2 ◆	2 ◆	2 ◆	2 ◆	2 ◆	◆	◆	◆	◆
Lipid Profile Once per calendar year			3 ◆	3 ◆	3 ◆	3 ◆	◆	◆	◆	◆	◆	◆
Pap Smear Once every three or five years							4 ◆		4 ◆		4 ◆	◆
Pelvic Exam Once per calendar year					5 ◆		◆		◆		◆	◆
Breast Exam Once per calendar year					◆		◆		◆		◆	◆
Mammogram Once per calendar year									6 ◆		6 ◆	6 ◆
Bone Density Once per lifetime												◆
Flexible Sigmoidoscopy once every five years OR Colonoscopy once every ten years										7 ◆	7 ◆	7 ◆

Preventive Wellness Guidelines are based on recommendations from the following:

- U.S. Preventive Task Force
- Advisory Committee on Immunizations of the Centers of Disease Control
- Preventive care and screenings of infants, children, and women by Health Resources and Services Administration
- National Medical Societies



It's good to be Blue.

Call your Primary Care Network Provider to schedule your *Healthy You!* visit. Locate a Primary Care Network Provider using the Find a Provider feature of *myBlue* or on our website at www.bcbsms.com.

- CBC performed at 12 months of age and once between ages 11-18.
- Annual glucose screenings are available for at risk individuals age 2-39.
 - At risk individuals are defined as follows:
 - Family history of diabetes (i.e., parents or siblings with diabetes)
 - Obesity
 - Blood pressure of 135/80 or greater
 - Race/ethnicity (i.e., African-Americans, Hispanic-Americans, Native Americans, Asian-Americans or Pacific Islanders)
 - Previously identified pre-diabetic or diagnosed diabetic
 - Low HDL cholesterol or high triglycerides
 - History of gestational diabetes
- Lipid profile screenings are available to high-risk individuals between the ages of 2 and 17. High-risk individuals should have their first lipid profile screening before age 11. A fasting lipid profile is the recommended screening method. High risk is defined as a family history of high lipids or early CVD; unknown history or other CVD risk factors such as overweight, obesity, hypertension or diabetes.
- Pap smears are available once every 3 years beginning at age 21.

For women ages 30-65 who wish to extend the time between pap smear screenings, a pap smear will be covered every 5 years when it is accompanied by HPV screening.

For females ages 12-20, these services are available and may be covered under the appropriate medical portion of your benefit plan. These should be performed based upon patient and provider discretion.
- Pelvic exams are available annually for women over the age of 12. These should be performed based upon patient and provider discretion.
- Mammograms for women ages 35 and older are available.

These should be performed based upon patient and provider discretion. Mammograms recommended every 2 years for ages 50-74.
- Flexible sigmoidoscopy and colonoscopy information:

Additional screenings (flexible sigmoidoscopy, colonoscopy) for individuals considered to be at high risk for colorectal cancer, as outlined below, may be covered under the appropriate medical portion of your benefit plan. High-risk individuals in this category are defined as follows:

 - Strong family history of colorectal cancer or polyps (in first-degree relative younger than 60 or two first-degree relatives of any age). A first-degree relative is defined as a parent, sibling or child.
 - Known family history of colorectal cancer syndrome
 - Personal history of colorectal cancer polyps

Gastroenterology consultations prior to colonoscopy are not covered under *Healthy You!*

Healthy You! Covered Immunizations

Immunizations and the disease or condition that the immunization protects against are listed below based on age guidelines. You should consult with your Primary Care Network Provider about the recommended number and frequency of doses. Please note that not all immunizations are required for each age category. For example, some individuals who start their immunizations late will be on a catch-up schedule (in which those individuals will be receiving their doses later). In other cases, some adults may

Age	Immunizations	Reason for Vaccine
Birth - 2 years		
	Hepatitis B (Hep B)	Hepatitis B virus (chronic inflammation of the liver, life-long complications)
	Diphtheria, Tetanus, Pertussis (DTaP)	Diphtheria, tetanus and pertussis (whooping cough)
	Haemophilus influenzae type b (Hib)	Infections of the blood, brain, joints or lungs (pneumonia)
	Inactivated Polio (IPV)	Polio
	Measles, Mumps, Rubella (MMR)	Measles, mumps and rubella (German measles)
	Varicella	Chickenpox
	Pneumococcal (PCV)	Infections of the blood, brain, joints, inner ears or lungs (pneumonia)
	Influenza (Flu vaccine)	Flu and complications
	Hepatitis A (Hep A)	Hepatitis A virus (inflammation of the liver)
	Rotavirus (birth - 9 months)	Rotavirus (diarrhea and vomiting)
	Meningococcal	Meningococcal disease, meningitis
3 – 11 years		
	HepB	Hepatitis B virus (chronic inflammation of the liver, life-long complications)
	DTaP/Tdap/Td booster	Diphtheria, tetanus and pertussis (whooping cough)
	IPV	Polio
	MMR	Measles, mumps and rubella (German measles)
	Varicella	Chickenpox
	PCV	Infections of the blood, brain, joints, inner ears or lungs (pneumonia)
	Flu vaccine	Flu and complications
	Hep A	Hepatitis A virus (inflammation of the liver)
	Human Papillomavirus (HPV) beginning at age 9	Human Papillomavirus
	Meningococcal	Meningococcal disease, meningitis

lack evidence of immunity (lack of documentation or no evidence of prior infection) and may receive these vaccinations later in age. TB skin tests are covered as needed.

If you are receiving your *Healthy You!* screenings from an out-of-state Network Provider, a complete listing of *Healthy You!* procedure codes is available for your provider at www.bcbsms.com, under the “I’m a provider” tab.

Age	Immunizations	Reason for Vaccine
12 – 17 years		
	Hepatitis B	Hepatitis B virus (chronic inflammation of the liver, life-long complications)
	Tdap/Td booster	Diphtheria, tetanus and pertussis (whooping cough)
	MMR	Measles, mumps and rubella (German measles)
	Varicella	Chickenpox
	PCV/PPV	Infections of the blood, brain, joints, inner ears or lungs (pneumonia)
	Flu Vaccine	Flu and complications
	Hep A	Hepatitis A virus (inflammation of the liver)
	HPV	Human Papillomavirus
	Meningococcal	Meningococcal disease, meningitis
18 years and older		
	Hep B	Hepatitis B virus (chronic inflammation of the liver, life-long complications)
	DTaP/Tdap/Td booster	Diphtheria, tetanus and pertussis (whooping cough)
	MMR	Measles, mumps and rubella (German measles)
	Varicella	Chickenpox
	PPV	Infections of the blood, brain, joints, inner ears or lungs (pneumonia)
	Flu Vaccine	Flu and complications
	Hep A	Hepatitis A virus (inflammation of the liver)
	HPV before age 27	Human Papillomavirus
	Meningococcal (up to age 55)	Meningococcal disease, meningitis
	Shingles (age 50 and older)	Zoster (shingles)

Keeping Track of Your Health

The chart below can be an important tool for you and other covered members of your family. Bring this guide to your *Healthy You!* visit and record your health numbers from your visit. This will help you and your Primary Care Network Provider decide what lifestyle changes you can make to help you live a healthier life. Keeping track of these numbers will help guide you toward actions that will help you be healthy.

Know Your Health Numbers					
	Goal*	Name:	Name:	Name:	Name:
		Healthy You! Visit _/_/___	Healthy You! Visit _/_/___	Healthy You! Visit _/_/___	Healthy You! Visit _/_/___
Blood Pressure	Less than 120/80				
Total cholesterol	Below 200				
HDL good cholesterol	Above 40				
LDL bad cholesterol	Below 100				
Triglycerides	Below 150				
Fasting glucose	Below 100				
BMI	Below 25				
Tobacco free	Yes				
*Goals are for the general population. See your Primary Care Network Provider for goals specific to you. See www.bcbsms.com to print more copies of this chart and for more information about <i>Healthy You!</i>					

Questions to ask my Primary Care Network Provider:

Prescription drugs I’m currently taking:

If taking prescription drugs, which ones are generic or lower-cost alternatives?

My Healthy You! Wellness Plan

Your Primary Care Network Provider will help you write your own *Healthy You!* Plan for improving and maintaining your health. The basic components are simple: eat healthy, exercise and be tobacco-free. Use the information below as a guide to set your own goals for yourself and your family. Additional copies are available at www.bcbsms.com. Live Healthy. Live Blue.

eat healthy.

☐ I will take time to think about what I eat, when I eat and how much I eat. I will set the following goals:

☐ I will eat three healthy meals a day, beginning with a healthy breakfast.

☐ I will start eating, or eat more of, the following healthy foods: _____

(Select from foods such as fruits, vegetables, lean meats, chicken, fish, whole grains, beans and fat-free dairy products.)

☐ I will stop eating, or eat less of, the following unhealthy foods: _____

(These may include fried foods, foods made from refined flour and sugar, trans fats, sugary desserts, fatty meats and very salty food.)

☐ I will eat the following healthy snacks: _____

(Select from nuts, fruit or celery sticks, for example, and avoid snacks like doughnuts, potato chips and sugar-filled drinks.)

☐ I will drink at least _____ glasses of water each day.

For more information about nutrition and healthy eating, visit the website for the Academy of Nutrition and Dietetics at www.eatright.org.

My Healthy You! Wellness Plan Continued >

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My *Healthy You!* Wellness Plan (continued)

exercise.

- ☐ I will become more physically active and make exercise a part of my daily routine. I will set the following exercise goals:
- ☐ I will exercise at least _____ minutes a day, _____ days a week.
(Be sure to talk with your provider before beginning any exercise program.)
- ☐ This year, I will try one or more of the following exercise activities: _____

(Try activities such as walking, body-weight movements like push-ups and squats, yoga, team sports, dancing or anything that gets you moving.)

Walking is a simple, inexpensive and effective form of exercise. To find interesting places to walk in Mississippi and track your progress, visit www.letsgowalkinms.com.

be tobacco-free.

- ☐ I will think about the health impact tobacco use and cigarette smoke have on me, my family and others around me. I will be tobacco-free.
- ☐ I am already tobacco-free and will stay tobacco-free.
- ☐ I currently use tobacco and will set the following quit date:

- ☐ I will support and encourage my family members who use tobacco to set a quit date.

Visit www.bcbsms.com and click on the “be tobacco-free” link for more information about how to quit using tobacco.

Be sure to track your *Healthy You!* wellness plan goals in a log or journal so you can see how you are doing against the goals you have set for yourself. Review your information at the end of each week and share your progress toward your goals with your Primary Care Network Provider at your next visit.

The Value of Good Health and Being RxSmart

Leading a healthy lifestyle can make a big difference in your health and reduce the need for prescription drugs. Eating a healthy, balanced diet, along with regular exercise, being tobacco-free and seeing your doctor can keep you healthy. For those times when prescription drugs are needed, ask your Primary Care Network Provider about whether a lower-cost medication is available.

Many generic and lower-cost alternative medications have the same active ingredients in the same strength as their brand name equivalents. They are regulated and tested by the U.S. Food and Drug Administration for their safety and effectiveness. Being RxSmart saves you money at the pharmacy.

90-Day Maintenance Benefit

Because it's important to use medication as prescribed, a 90-day supply of many prescription drugs is available through participating Community PLUS Pharmacies. One pharmacy visit is all you need for a 90-day supply, and if you choose generics, you get additional savings. Find maintenance medications and the Community PLUS Maintenance Pharmacies that can dispense them by visiting our website at www.bcbsms.com.



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You,
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Health,
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Life



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