

Student BlueSM

Health and wellness programs¹

We help busy students stay happy and healthy



Stress management

Programs and educational materials can help students away from home, possibly for the first time, manage stress related to course studies, time management, peer pressure, sleep deprivation and other concerns.

Preventive care

Students can help prevent disease by getting a physical, immunizations, pap tests and other routine exams.

Lifestyle management

Students have access to programs and educational materials on many lifestyle issues, including tobacco cessation and substance abuse. They also benefit from discount programs for healthy perks, such as massages, vitamins, laser eye surgery and more.



Weight management

Students can take advantage of online support, resources and tools to help them manage their weight in healthy ways.



Blue PointsSM

Students really love our incentive program! They earn rewards for engaging in activities that support a healthy lifestyle and can redeem points for gift cards at brand-name retailers and for fun merchandise, such as iPods, athletic gear and CDs.

Chronic disease management

Students away from home may need extra help managing a chronic disease, such as migraines, diabetes or asthma. We provide that help, as well as added pharmacy benefits and health coaching.



Visit bcbsnc.com/student for more details.



Student Blue Health and Wellness Programs¹

| | Area of concern | What students get |
|----------------------------|--------------------------|--|
| Lifestyle Management | Weight management | <ul style="list-style-type: none"> + Step counter and lifestyle diary + Books and other educational materials + Trackers and calculators + Online Healthy Living^{SM1} program |
| | Tobacco cessation | <ul style="list-style-type: none"> + Educational materials + Discounts on nicotine replacement therapy + Free tobacco phone support + Online Healthy Living program |
| | Stress management | <ul style="list-style-type: none"> + Educational materials + Managing stress CD + Stress management workbook + Online Healthy Living program |
| | Other | <ul style="list-style-type: none"> + Preventive care - A Guide to a Healthier You + 24/7 nurse line + Online information and tools + Discount programs (massage, vitamins, laser eye surgery etc.) |
| Chronic Disease Management | Migraines | <ul style="list-style-type: none"> + Free books and educational materials |
| | Diabetes | <ul style="list-style-type: none"> + Free books and educational materials + Free glucose meter with order of test strips + Deductible waiver for diabetic supplies² |
| | Asthma | <ul style="list-style-type: none"> + Free books and educational materials + Free peak flow meters, spacers and other tools + Co-payment reductions on selected inhaled corticosteroids³ |
| | Other | <ul style="list-style-type: none"> + Value-based pharmacy benefits + 24/7 nurse line + One-on-one health coaching |

¹ Blue Cross and Blue Shield of North Carolina (BCBSNC) provides these programs for student convenience and is not liable in any way for the goods or services received. Any discounts on third-party goods or services received through Blue Extras are outside of student health plan benefits. Decisions regarding student care should be made with the advice of a doctor. BCBSNC reserves the right to discontinue or change these programs at any time. Online Healthy Living Programs are provided through Health Dialog Services Corporation, a third-party vendor independent of BCBSNC. Online Healthy Living programs provide tools to aid students in improving their health; results are not guaranteed. BCBSNC provides the Decision Support Tools for student convenience. These tools are meant to be reference tools only and are not intended to provide legal, medical or tax advice. Some student groups may select not to offer some benefits and programs.

² Diabetic deductible waivers may not be available to all BCBSNC members. Any applicable coinsurance will still apply.

³ This benefit is available only to members who are enrolled in the Member Health PartnershipsSM program and who have pharmacy benefits through BCBSNC. Applies to inhaled corticosteroids in Tier 2 of the BCBSNC clinical formulary. Some student groups may select not to offer this benefit.

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