

## CITY OF ST. LOUIS • BEE-FIT WELLNESS RESOURCES

Now that you have completed your biometric health screening, what's next? Learn how you can improve your health and stay healthy by reviewing the resources here. Go to the [Employee Wellness Program](#) web page to see all the programs Bee-Fit offers.



### [Anthem's Time Well Spent®](#)

A toolkit focused on building a healthy lifestyle.  
Click on the links below to learn more about each topic.

 [Weight Management/Healthy Eating/Exercise](#)  [Controlling diabetes with Livongo](#)

 [Controlling Blood Pressure](#)  [Lower Your Cholesterol](#)

 [Smoking cessation](#)  [Work Life Balance\\*](#)

\*Link to the BJC Employee Assistance Program (EAP)

**Anthem Programs and Services:** You can access the below programs by calling 1-866-647-6117.

- **24/7 NurseLine:** Our registered nurses can answer your health questions wherever you are – anytime day or night.
- **Preventive Care:** When you use a network provider for a regular checkup, test or vaccination you'll be covered at 100%.
- **Future Moms:** Moms-to-be get personalized support and guidance from registered nurses to help them have a healthy pregnancy, a safe delivery and a healthy baby.
- **ConditionCare:** Get the added support you may need if you have asthma, diabetes, heart disease, chronic obstructive pulmonary disease or heart failure. A nurse coach can answer questions about your health and help you reach your health goals based on your doctor's care plan.
- **ComplexCare:** If you have a serious health condition or a number of health issues that need extra care, a nurse coach can answer questions.
- **MyHealth Coach:** Get one-on-one advice from an experienced health coach for yourself or your family. Topics range from general wellness information to more serious issues like a chronic illness or help with medications.
- **Healthy Lifestyles:** Take charge of your total wellness through a personalized Well-Being Plan and custom trackers that help you manage your physical and mental health.

**Anthem referral line:** Find a doctor, hospital, pharmacy and more by visiting the [Anthem web site](#) or call **1-800-843-6447**.

**LiveHealth Online:** When your own doctor isn't available, LiveHealth Online can help you. See a board-certified doctor of your choice in minutes. Visit [LiveHealthonline](#) or download the free app. All you need is a computer with a webcam, a smartphone or tablet with an internet connection.

**LiveHealth Online Psychology:** See a therapist from home. Make an appointment to see a therapist usually within four days or less using our free app or go to [LiveHealthonline.com](#) and log in. Select LiveHealth Online Psychology and choose a therapist. Or call **1-844-784-8409** from 7 AM-11 PM. You must be at least 18 years old to see a therapist online.

**Livongo:** This is a diabetes health benefit available at no cost to you or your covered dependents. Some of the benefits include a Livongo meter that is connected and provide real-time tips and automatically uploads glucose readings; unlimited strips at no cost to you; and coaching anytime and anywhere. To learn more or join, go to [Livongo web site](#) or call **1-800-945-4355** and mention registration code **STLCITY**.

**On Site Employee Screenings:** Save time by completing an on-site screening! Blood pressure clinics, mammogram screenings and biometric health screening are listed on the [employee screenings web page](#).

**Smoking Cessation products:** Receive 180 days therapy at no cost to you!

To get certain prescriptions and nicotine replacement products covered in full at no cost to you, here's all you have to do:

1. **Ask your doctor** if one or more covered prescription drugs and/or OTC products listed below would be good for you.
2. **Get a prescription for each one.** Yes, even OTC products to help quit smoking will need a prescription in order to be covered at no cost to you.
3. **Go to pharmacy** that's in your health plan's network to fill your prescription.
4. **Show the pharmacist proof you're at least 18** years of age. If you're under 18, you may need to speak with your doctor or other health care professional to get your OTC product, because by law, they can only be sold to people who are over 18.

Products include: Zyban (brand and generic), Chantix and Over the Counter nicotine patches, gum and lozenges.



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For more information:  
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Look for us on:  

**BJC HealthCare**