

Wellness Benefits	PPO PLANS		HMO PLANS		
	BCBSF	Caremark	AvMed	United	VISTA
<b>Online Information and tools</b>	www.bcbsfl.com	www.caremark.com (members) www.caremark.com/florida (prospective)	www.avmed.org and www.avmed.org/go/state	www.myuhc.com/groups/stfl and www.myuhc.com	www.vistahealthplan.com
<b>Health Assessments</b>	Provided		Provided	Provided	Provided
<b>Fitness Memberships</b>	20-60% discount at participating facilities		Up to 30% discount at participating facilities	Up to 50% off enrollment fee and up to 10% off monthly fee at participating facilities	Discounts at participating facilities
<b>Smoking Cessation</b>	Freedom From Smoking; Discount on GlobalFit membership		Reimbursement for Smokenders booklet/ CD when you quit	QuitSmart Program; Smoking treatment plan and; discounts on nicotine replacement products	QuitNet.com online program; Outpatient visits at Behavioral Health Provider (\$25 co pay)
<b>Weight Management</b>	Up to 50% off Jenny Craig	Weight Control tools through Health Resources link (member Web site)	Up to 25% off Weight Watchers PLUS Reimbursement for up to one year of fees once you reach goal weight	Discount on Jenny Craig; online weight management program	Online health and wellness tools including exercise and weight management Program at www.myephit.com
<b>Nutritional Counseling</b>	Health Coach (877) 789-2583	Nutritional Counseling tools through Health Resources (member Web site)	Up to 30% discount for network dieticians and nutritionists	Health coaching online including nutrition program support; discounts on books and products	Up to 30% discount at participating practitioners and online nutrition program and tools at www.myephit.com
<b>Nutritional Supplements</b>	Discounts available		Discounts available	Discounts on vitamins and foods	Discounts available
<b>Health Counseling</b>	Health Dialog (877) 789-2583	Ask a Pharmacist (800) 378-4408	Nurse On Call (888) 866-5432	NurseLine; Nurse Chat and Health Coach online	Health and Wellness Coaching www.myephit.com
<b>Prenatal Education</b>	Healthy Addition Prenatal Program		Prenatal and Postpartum Care Program	Healthy Pregnancy Program	

<b>Massage and Accupuncture</b>	Discounts available		Discounts available	Discounts available	Up to 30% discount at participating locations
<b>Meditation and Guided Imagery</b>			Discounts available	Discounts available	Up to 30% discount at participating locations
<b>Exercise classes (e.g., Yoga, Pilates)</b>	Discounts available		Discounts available	Included	Up to 30% discount at participating locations
<b>Fitness Equipment (e.g., treadmill, bicycle helmets)</b>	Discounts available			Discounts available	Discounts available through <a href="http://www.myephit.com">www.myephit.com</a>