Ways to stay healthy

Take control of your health now!
Independence Blue Cross (IBC) offers many tools and resources to help members stay healthy. Here are some easy ways you can stay on track with your health.

1. Fitness
   Get up to $150 back on fitness center fees when you complete 120 workouts during a 365-day program period.

2. Tobacco cessation
   Be a quitter! Receive up to $150 back when you complete your choice of proven tobacco cessation programs. Plus, if the program you choose costs less than $150, you may apply the difference toward reimbursement of nicotine replacement products.

3. Weight management
   Aim for a healthy weight! Reaching and maintaining a healthy weight is good for your overall health and will help you prevent and control many diseases and conditions.
   Receive up to $150 back when you complete a weight-loss program, such as Weight Watchers, Weight Watchers online, or a hospital-based program.

Stay motivated to reach your goals
The ordinary decisions we make every day are what help us stay on the road to good health. Healthy Lifestyles reimbursements reward you for taking the small steps that can add up to big changes in your health.
4. Care management

Our care management programs are designed to assist you by coordinating your health care needs - whether you are expecting a baby or have a chronic condition.

Our case managers, referred to as Health Coaches, are registered nurses and social workers who pair their expertise with knowledge of IBC benefits to offer you support and guidance. From our maternity program to oncology case management, there’s a Health Coach who can help you prepare for a doctor’s visit, find the right treatment, or answer questions about your care.

5. Blue365®

Take advantage of Blue365® discounts and special offers from leading national companies to help you save money on health-related products and services, including weight management programs such as Jenny Craig® and Nutrisystem®.