

A Wealth of Wellness

RESOURCES

at Your Fingertips!



PUTTING the PIECES TOGETHER



Introduction

DBM is pleased to partner with our health plans to bring you the resources to help you lead a healthier life. Whether you just want help losing a few pounds, you've decided now is the time to quit smoking, or you are looking to reduce stress our health plans can help.

Each of our health plans provides tools to not only manage a chronic condition like diabetes or high blood pressure, but also the tools to get healthy and stay healthy.

The following pages outline some of those resources and we encourage you to take a few moments to visit your plan's website. You'll find health risk assessments, discounts for gym memberships and weight loss programs, in person counseling programs, group meetings, nutrition advice and more!

And don't forget the DBM Health Benefits website. We provide links to the plans in addition to robust resources you can take advantage of right now:

dbm.maryland.gov/benefits/Pages/wellnesshome.aspx

Take the first step to better health!

Aetna
www.aetna.com/health-wellness

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aetna™ Health & Wellness

Live smart: Information for a healthier life
Put your mind and body on a path to a healthier future.

Health & Wellness
Fitness
Nutrition & Diet
Family Health
Women's Health
Behavioral & Mental Health
Products & Services
Aetna Pharmacy
Member Guidelines
Individual Insurance
Member Secure Log In

Nutrition and Diet
Learn the basics of nutrition. Plan smart menus. Map out your plan of action.

Fitness
Determine your fitness level. Plan short and long-term goals. Learn what pitfalls to avoid.

Women's Health
Get answers to your health questions. Learn about women's health programs. Use free tools like our body mass calculator.

My Plan
Find a Doctor, Pharmacy or Facility
View Claim Status
Find Forms
View My Coverage & Benefits
Pay My Premium with Easy Pay
Search Clinical Policy Bulletins
Get an ID Card
View Preferred Drug List
All Tools & Educational Material

Aetna IntelliHealth® – The Trusted Source®
Visit this rich source of news, articles and tools to help you lead a healthier life. Produced in partnership with Harvard Medical School.
• Read about diseases and conditions.

Health Care Reform
Health Care Reform
How does health

RESOURCES INCLUDE:

- Discount programs and services
- Nurse Line
- Health assessments
- Beginning Right maternity program
- A Women's health resource
- Smoking cessation programs

RESOURCES INCLUDE:

- Articles on specific wellness topics
- Pre-recorded audio presentations
- Links to external resource websites
- Online seminars
- Health assessments
- Wellness and Behavior skill builders

CareFirst

RESOURCES INCLUDE:

- In-person health events, programs, classes and support groups
- Smoking cessation
- Wellness guide
- Options Discount Program
- Multi-media wellness tools
- Quarterly newsletter

Express Scripts

www.express-scripts.com/members/tour/05.shtml

EXPRESS SCRIPTS® Home | Contact Us | Corporate Site | Change Text Size A A A

Online Account Preview

Your Account | Getting Started | Ordering Prescriptions | Saving Money | **Staying Healthy** | Managing Your Plan | Start Now

Staying Healthy

Make choices that lead to your best health. Get drug facts, reviews, drug images and much more.*

- Stay up-to-date with the **latest drug and health news**.
- Read about the causes, symptoms, treatments and risk factors of **common medical conditions**.
- Get **everything you need to know** about hundreds of medications and health supplements.
- **View drug images, hear pronunciations and review side-effects, drug interactions** and much more.

Ready to get started? [Create your online account.](#)

* Depending on your plan, you may not have access to certain website features.

Click Images to Enlarge

Drug Overview

Drug Image

RESOURCES INCLUDE:

- Latest Drug and health news
- Articles on common medical conditions

UnitedHealthcare

www.myuhc.com

State of Maryland

UnitedHealthcare

Home | Health Plans | Vision Benefits | Find a Doctor/Hospital | Tools and Resources

Why choose UnitedHealthcare?

Wellness Services for Members

We offer online quizzes, wellness tips, and clear advice to help you keep your health on track.

Learn more

Click here to read the 2012-2013 Benefit Brochure

Your Medical Benefits

A UnitedHealthcare medical plan can give you the freedom to use any doctor or hospital in our nationwide network, including specialists, without a referral. You can locate network doctors easily at myuhc.com®.

- UnitedHealthcare Choice Plus POS
- UnitedHealthcare Options PPO Plan
- UnitedHealthcare Select EPO

Your Vision Coverage Options

We want to make caring for your eyes as simple as possible.

UHC.TV is a new online

Already a Member?

Login myuhc.com to access your personalized health care and benefits information.

Login Now

Mobile Tools

- HealthTips™
- DocuSign®
- DocuSign®

Visit your app store to download.

RESOURCES INCLUDE:

- Nurse Chat
- Health assessments
- Weight loss programs
- Discount programs and services
- Smoking cessation
- Dedicated wellness websites