Wellness Benefits Comparison Chart

Wellness Benefits	PPO PLAN	HMO PLANS					
	Florido Phys	Aetna	AvMed	Capital Health Plan	Coventry	Florida Health Care Plans	UnitedHealthcare
Online Information, Tools and Member Discounts	www.bcbsfl.com or www.FloridaBlue.com	Members www.aetna.com Prospective www.aetnastateflorida.com	www.avmed.org/go/state	www.capitalhealth.com	http://state.chcflorida.com	www.fhcp.com Health and wellness web tools, webinars, and other resources FHCP Member Portal: Offers secure access to the Health Portal, Member Resources, and Documents Portal	Members www.myuhc.co m Prospective www.welcometouhc.com/florida
Health Assessments	Provided	Provided	Provided	Provided	Provided	Welcome to Wellness: An online health assessment that is provided through the Member Portal	Provided
Fitness Memberships	20% - 60% discount at participating facilities	Discounts at participating facilities through partnership with Globalfit. Information available online at www.globalfit.com/fitness or 1-800-298-7800	Up to 30% discount available. To find a fitness center near you, call AvMed WholeHealth MD at 800-274-7526, or visit avmed.wholehealthmd.com	Discounts available at participating facilities and up to \$150 annual reimbursement (per household)	Discounts at participating facilities	Preferred Fitness Program: Free access to participating gyms upon completion of the Health Assessment for State of Florida Employees and their Eligible Dependents. Free access to participating gyms for Medicare members	Up to 50% off enrollment fee and up to 10% off monthly fee at participating facilities
Smoking Cessation	Help from eMindful	Online Simple Steps to a Healthier Life program, Breathe, offiers a smoking cessation plan that gives the partificipant tailored strategies for overcoming barriers and effective steps for managing withdrawal	Easy –to-follow methods for kicking the smoking habit. Please visit www.avmed.org/go/state or call 888-762-8633 to get started	Health Information Line (850) 383-3400 Florida Quit Line (877) 822-6669 Freedom from Smoking: www.ffsonline.org Quit Smoking Now (850) 224-1177 CHPConnect – Healthy Conversations "Quitting Smoking Again"	Online program including Telephonic and email support and NRT. More information at http://state.chcflorida.com	QuitSmart Program: FHCP pays the \$110 program fee and the member pays a \$20 supply fee Freedom from Smoking: Free online program Florida Quit Line: Free telephone counseling Quit Smoking Now: Free community 6-week class	QuitSmart Program; smoking treatment plan and discounts on nicotine replacement products
Weight Management	Discounts available through ediets, Jenny Craig, and Nutri-Systems	Program discounts available through ediets, Jenny Craig, and Nutrisystem, online weight management tools and resources	Weight Watchers reimbursement for up to one year of fees once you reach your goal weight. Please visit www.avmed.org/go/state for more information	Health Information Line (850) 383-3400; and online tools at www.capitalhealth.com . Some reimbursement through Fitness Reimbursement. CHPConnect – Healthy Conversations "Getting Active", "Healthy Eating", and "Healthy Weight"	Weight Watchers and Jenny Craig programs in addition to Online Health and Wellness Tools	Halifax Lighter Lifestyles Management Program Child-Weight Loss Classes Eat-right Move-right Weight Loss Classes Weight Loss Classes for Adults	Discount on Jenny Craig; online weight management program
Nutritional Counseling	Health Coach (877) 789-2583	Discounts available for nutritional resources, including dietetic counseling. Discounts on books and other products	Up to a 30% discount for network dieticians and nutritionists. For more information, please visit avmed.wholehealthmd.com or call 800-274-7526	Health Information Line (850) 383-3400	Up to 30% discount at participating practitioners and online nutrition program and tools at http://state.chcflorida.com	Customized Individual consultation and/or group classes with an FHCP Registered Dietician. Nutrition Courses: Pre-Diabetes, Healthy Heart Eating, and Nutrition Game Plan for Diabetes	Health coaching online including nutrition program support; discounts or books and products
Nutritional Supplements		Save 15% on over 2,400 OTC vitamins and other homeopathic remedies	Up to a 30% discount available. For more information, please visit avmed.wholehealthmd.com		Discounts available through My Online Services		Discounts on vitamins and foods
Health Counseling	Health Dialog (877) 789-2583	Informed HealthLine at 1(800) 556-1555, available 24 hours a day, 7 days a week. Disease Management nurse contact, and medical consultations online with medical doctors with a 20-50% discount.	Available programs include: 1. Chronic Condition Management including Asthma, Coronary Artery Disease, COPD, Diabetes & Heart Failure: 855-81-AVMED (28633) 2. Complex Case Management including wound care, transplant, kidney disease and maternity: 800-972-8633 3. 24/7 Nurse On Call service: Speak confidentially with one of our registered nurses about a health concern or learn more about surgery, 888-762-8633	Health information Line (850) 383-3400; and online tools at www.capitalhealth.com	Health and Wellness Coaching http://state.chcflorida.com	24 Hour Nurse Advice Line: Speak with a Registered Nurse 24x7 in English or Spanish to help understand a condition or symptom, ask a confidential question, or find advice on where to go for care. Welcome to Wellness: Online health guidance and counseling. Health Education Services & Programs: Diabetes, Pre- Diabetes, Heart Disease, Heart Failure, Asthma, COPD, High Blood Pressure, Depression, Osteoporosis, and Case Management	NurseLine, Nurse Chat, and Health Coach online
Prenatal Education	Healthy Addition Prenatal Program (800) 955-7635, option 6	Prenatal and Postpartum Care Programs through Beginning Right Maternity Management	Prenatal and Postpartum Care available. In addition AvMed offers case management programs for more complex maternity care needs. For more information about these programs please call: 800-972-8633	www.capitalhealth.com Health Information Line (850) 383-3400	Prenatal and Postpartum Care programs	Halifax Healthy Families	Healthy Pregnancy Program
Massage and Acupuncture		Discounts available, at least 25% discount at participating locations	Up to a 30% discount available. To find a practitioner near you, call AvMed WholeHealth MD at 800-274-7526, or visit avmed.wholehealthmd.com		Up to 30% discount at participating locations	Complementary and Alternative Medicine Program offering 20% discount on services available for Employees and Medicare members	Discounts available
Meditation and Guided Imagery		Discounts available	Up to a 30% discount available. To find a practitioner near you, call AvMed WholeHealth MD at 800-274-7526, or visit avmed.wholehealthmd.com	www.capitalhealth.com CHP Connect	Up to 30% discount at participating locations	May be offered by participating gyms as part of the Preferred Fitness Program. Check with selected gyms for details (yoga, meditation, etc.)	Discounts available
Exercise Classes (e.g., yoga, Pilates)	Discounts available	Discounts available at participating locations, discounts on yoga equipment, books, DVDs through Pranamaya	Up to a 30% discount available. To find a practitioner near you, call AvMed WholeHealth MD at 800-274-7526, or visit avmed.wholehealthmd.com	Discounts available	Up to 30% discount at participating locations	Preferred Fitness: Each gym has unique exercise class and weight training programs. Contact the participating gym for details. Movement for Better Balance Silver Synergy Workout Acute Neck and Low Back Pain Program	Included at participating locations
Fitness Equipment, Apparel and Footwear	Discounts available	Discounts available			Discount and awards available through My Online Services	Discounts available through Blue365	Discounts available