

Wellness Benefits Comparison Chart

Wellness Benefits	PPO PLAN					
	Florida Blue	Aetna	AvMed	Capital Health Plan	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	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.com Prospective www.welcometouhc.com/florida
Health Assessments	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	Members have access to more than 12,000 fitness clubs and exercise centers offering discounted monthly dues and initiation rates, free trials and more. Please visit the Health & Wellness section at www.avmed.org/go/state or call 1-877-335-2746 for more information about available services and discounts.	Discounts available at participating facilities and up to \$150 annual reimbursement (per household)	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, offers a smoking cessation plan that gives the participant 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 Big Bend AHEC (850) 224-1177 CHPConnect – Healthy Conversations “Quitting Smoking Again”	Florida QuitLine Tobacco Free Florida Online Support Local Face-to-Face Programs	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. (Weight watchers and TOPS) CHPConnect – Healthy Conversations “Getting Active”, “Healthy Eating”, and “Healthy Weight”	Eat-Right Move-Right Adult Weight Management Class Halifax Lighter Lifestyles Management Program	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	Get 25% off on services offered by a registered dietitian. Please visit the Health & Wellness section at www.avmed.org/go/state or call 1-877-335-2746 for more information about available services and discounts.	Health Information Line (850) 383-3400	Customized Individual consultation and/or group classes with a FHCP Registered Dietitian. Nutrition Courses: Pre-Diabetes, Healthy Heart Eating, Nutrition Game Plan for Diabetes, and Hypertension class	Health coaching online including nutrition program support; discounts on books and products
Nutritional Supplements		Save 15% on over 2,400 OTC vitamins and other homeopathic remedies	Members receive discounted prices on a broad choice of health and wellness supplements and products. Please visit the Health & Wellness section at www.avmed.org/go/state or call 1-877-335-2746 for more information about available services and discounts.			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. 2. Complex Case Management including wound care, transplant, kidney disease and maternity. 3. 24/7 Nurse On Call service: Speak confidentially with one of our registered nurses about a health concern or learn more about surgery. Our representatives are available 24/7 and can be reached at 1-888-762-8633.	Health information Line (850) 383-3400; and online tools at www.capitalhealth.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: 1-888-762-8633.	www.capitalhealth.com Health Information Line (850) 383-3400	Halifax Healthy Families	Healthy Pregnancy Program
Massage and Acupuncture		Discounts available, at least 25% discount at participating locations	Get 25% off on services offered by a registered acupuncturist or massage therapist. Please visit the Health & Wellness section at www.avmed.org/go/state or call 1-877-335-2746 for more information about available services and discounts.		Complementary and Alternative Medicine Program offering 20% discount on services available for Employees and Medicare members	Discounts available
Meditation and Guided Imagery		Discounts available	Discounted rates are available to AvMed members. Please visit the Health & Wellness section at www.avmed.org/go/state or call 1-877-335-2746 for more information about available services and discounts.	www.capitalhealth.com CHP Connect	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	Discounted rates are available to AvMed members. Please visit the Health & Wellness section at www.avmed.org/go/state or call 1-877-335-2746 for more information about available services and discounts.	Discounts available	Preferred Fitness: Each gym has unique exercise class and weight training programs. Contact the participating gym for details. Balance improvement & Silver Synergy Exercise Classes Acute Neck and Low Back Pain Program	Included at participating locations
Fitness Equipment, Apparel and Footwear	Discounts available	Discounts available	Discounted rates and free shipping are available to members on a variety of products.		Discounts available through Blue365	Discounts available