



BlueCross & CNM



For more than 20 years, we've partnered with the Center for Nonprofit Management (CNM) to offer preferred group pricing for one of the most recognized and accepted health plans in the nation. This is for agencies that are current CNM members. To find out if you're eligible, please contact membership@cnm.org.

Affordable, Value-Focused Health Plans

Controlling costs is more important than ever for your business. That's why we develop cost-effective products and work with providers to offer discounts for you and your employees.

Strong Provider Networks

We have one of the largest provider network in Tennessee and throughout the nation, so you and your employees are covered no matter where you are.



Exceptional Support

We're right here to answer any questions you and your employees have about your coverage:

- › **Consumer Advisors** — One-on-one personalized benefit support for your employees
- › **Consumer Coaches** — Expert support team for consumer directed health plans
- › **Online Self Service** — BCBST.com, where your employees can review their claims and coverage at any time
- › **Single Point-of-Contact** — Support by phone or email for your group administrator
- › **Employer Resource Center** — Manage your account at bcbst.com

Wellness Support

Your employees have access to our Member Wellness Center at no additional cost to your company. It's easy to use, and works hand-in-hand with the AlwaysOn® mobile app so members can work on improving their health when it's convenient for them. In the Wellness Center, you'll find:

- › Personal Health Assessment and wellness report
- › Interactive online self-directed courses for weight management, nutrition and stress
- › Synced data from two popular nutrition apps
- › Connection with over 80 health and fitness devices and apps for recording diet and exercise habits
- › Educational articles and videos
- › Device integration for real-time stats on progress
- › Financial well-being information

Advanced Online Tools

Smart consumers do their research and make comparisons before they buy. Health care is no different. To help control costs, encourage employees to visit **bcbst.com**, where they can check and compare providers, facilities and procedures before making decisions that affect their health and their wallet.



For more information,
visit **bcbst.com** or email
membership@cnm.org.

Member Discounts

Our member discount program gives your employees exclusive deals on health and wellness products and services. Find discounts on things like:

- › Apparel & Footwear
- › Fitness
- › Hearing &
- › Vision
- › Home & Family
- › Nutrition
- › Personal Care
- › Travel

PhysicianNow

PhysicianNow® powered by MDLIVE is a convenient way to talk with a doctor from your home, office or while traveling. All you need is a connected device. Use PhysicianNow for:

- › Allergies, cold, fever and flu
- › Sinus or respiratory issues
- › Skin conditions (rashes or insect bites)
- › Pink eye
- › Certain pediatric conditions
- › Urinary tract infections
- › Constipation or diarrhea
- › Earaches
- › Nausea and vomiting



To use PhysicianNow, download our free myBlue TNSM app.