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BenefitsWise

"BETTER BENEFITS THROUGH COLLABORATION"

Blue Distinction Total Care (formerly known as Blue Physician Recognition)
is now bigger and better than ever!

**Blue
Distinction®
Total Care**

The BlueCross BlueShield Association has chosen to streamline Blue Physician Recognition (BPR) and Blue Distinction Total Care (BDTC) providers and proceed with its national **Blue Distinction** branding. This said, **Blue Distinction Total Care (BDTC)** will be the appropriate branded designation, replacing the BPR program. *Do not worry!* All Family Care Physicians, Internal Medicine and Pediatricians where members currently seek treatment for a \$0 cost share through the BPR benefit will continue but under the BDTC designation.

What is Blue Distinction Total Care (BDTC)?

BDTC recognizes physicians, group practices and hospitals participating in locally tailored programs (Patient-Centered Medical Homes, Accountable Care Organizations or similar programs) designed to lower cost trends through better coordinated care and performance-based payment. Using nationally consistent criteria, Total Care programs align healthcare payments with improved member health outcomes to deliver maximum value to employers and their employees.

What does it mean for ICUBA?

BDTC will replace ICUBA's prior Blue Physician Recognition (BPR) program allowing employees to seek treatment at

a \$0 cost share. There is no change to the ICUBA benefit, all current BPR physicians (family practice, internal medicine and pediatrics) also participate in BDTC. When searching for a provider on MyHealthToolkit, simply check the box for **Blue Distinction Total Care** under the **Find a Doctor or Hospital** feature. *Please note:* Only Family Care Physicians, Internal Medicine and Pediatricians are \$0 cost share.



Why did the BlueCross Association make this decision to move from BPR to BDTC?

The Blue System offers a broad array of quality programs, recognitions, and data to provide solutions for employers and providers plus emerging value-based programs with quality components. BCBS recently launched Blue Distinction Total Care to focus resources on a national platform for providers in programs designed to deliver better quality and cost outcomes.

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Remember to visit our website—<http://ICUBAbenefits.org>!

This user friendly site is your one stop shop for all things benefits! Visit our single sign-on section located below the scrolling banner and gain access to ICUBA's Brand Partners including BCBS MyHealthToolkit and Rally, OptumRx Prescription Portal, Resources for Living and Aetna Navigator and of course, the ICUBA MasterCard®!

Are you engaged in your WellBeing?

We hear you loud and clear, and we agree—**Rally** is *amazing*! Even over the busy summer months, ICUBA participation and engagement in Rally exceeded our expectations. Way to go!

WellBeing Activity	Incentive	Total Completions
Rally Survey	\$20	2,101
Wellness Exam	\$75	826
3 Rally Missions	\$50	1,153
Mammogram/ Colonoscopy	\$25/each	344

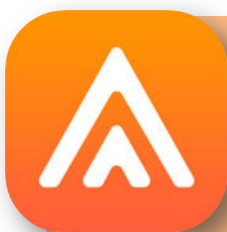
For those of you who have not jumped on this bandwagon of WellBeing incentives, Rally is waiting! The Rally platform is a digital health experience that gives you the tools and information to help make simple changes to your daily routine, set smart goals and stay on target. Covered employees and spouses may earn up to \$450/each!

After completing the quick and fun Rally survey, you'll get personalized recommendations to get you moving more, eating better, and feeling happier. The question is: Are you *older* or *younger* than your actual age? The survey will provide you with a *Rally Age* upon completion, incentivize you with \$20 which can be redeemed for electronic gift cards and you'll stack up your Rally Coins along the way!

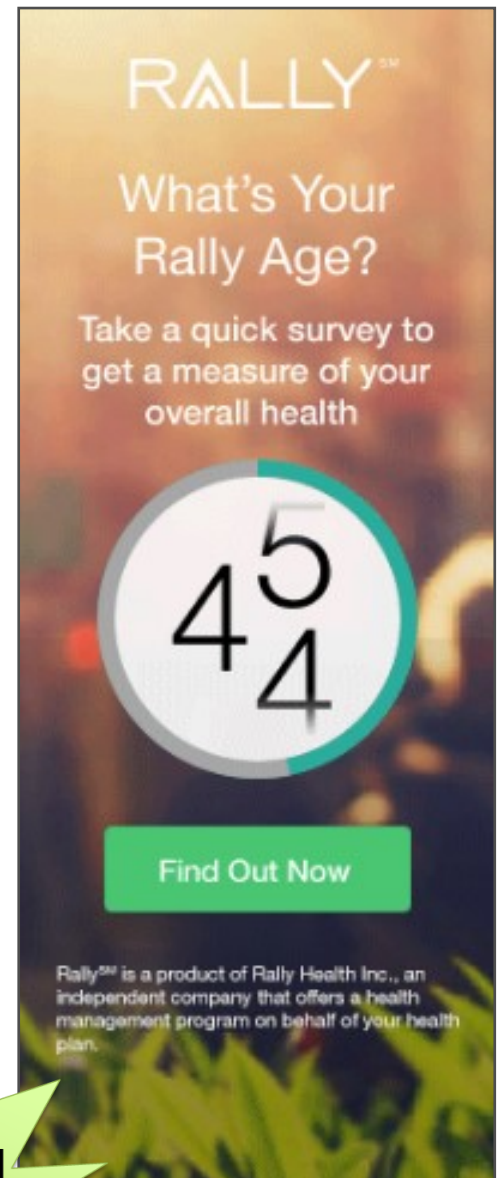
Here's a reminder of how to access Rally:

1. Visit <http://ICUBAbenefits.org>
2. Select **MyHealthToolkit** through the Single Sign-On Feature
3. Select **Wellness**, then **Rally** or wait for the rotating Rally banner shown to the right

A full list of activities for the **BlueRewards powered by Rally** program can be found on your Rally home page when you click on "View Full Program" below your progress barometer!



Rally also has a mobile app so you can be engaged on the GO! Simply search "Rally" in your app store, available for Apple and Android devices. Earn coins, check into missions, sync your device for challenges and more! Username for the app matches your initial login for Rally.



Employees and Covered Spouses are eligible!

