

Hinge Health

Virtual Exercise Program

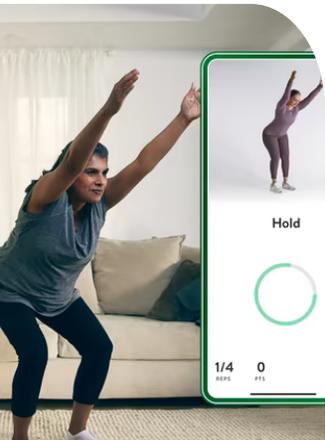
Hinge Health is a free benefit available for all subscribers, enrolled spouses, and dependents aged 18+. This free online program provides a personalized program developed by physical therapists, dedicated 1-on-1 support, and convenient exercise sessions to help relieve joint and muscle pain.

A personalized program

Get unlimited exercises and stretches developed for you by physical therapists. Reduce your pain with a plan that's personalized for your needs, goals, and ability.

Dedicated 1-on-1 support

Partner with a care team that includes a qualified health coach and physical therapist. Connect via text, email, phone call, or video chat to ask questions, set goals, and more.



Convenient exercise sessions

With the Hinge Health app, you can do your exercise therapy anytime, anywhere. Plus, your exercises are designed so they can be done in about 15 minutes or less.

Visit hinge.health/lghip-enroll or scan the QR code.



Hinge Health is an independent company providing a digital solution to help patients with musculoskeletal pain.

Wondr Health

Virtual Weight Loss Program

Wondr Health is a free online weight loss program available to eligible subscribers and enrolled spouses that promotes healthy habits to help you reduce stress, sleep better, and more, all with no restrictive diets or calorie-counting.

Through the program, you will learn when and how (not what) to eat to improve your health. Wondr Health is also clinically proven to help lower blood pressure, blood sugar, and triglycerides to reduce the risks of developing diabetes and heart disease.

Visit wondrhealth.com or scan the QR code.



Wondr Health is an independent company providing weight management services to Blue Cross and Blue Shield of Alabama members.

Blue365

Blue365 is a free health and wellness discount program offered to you as a member of the Blue Cross and Blue Shield of Alabama System. We offer year-round discounts on gym memberships, fitness gear, healthy eating options, and more.

Categories Included:

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

Visit blue365deals.com or scan the QR code.



The Blue365 program is brought to you by the Blue Cross and Blue Shield Association, an association of independent, locally operated companies which includes Blue Cross and Blue Shield of Alabama.



An Independent Licensee of the Blue Cross and Blue Shield Association



WELLNESS THAT WORKS

Free Wellness Programs Created **Just for You!**

Programs offered to eligible members enrolled in the Local Government Health Insurance Plan Group 30000

Learn More

www.lghip.org | www.alabamablue.com



Virta Health

Type 2 Diabetes and Prediabetes Reversal Program

If you or your enrolled spouse have been diagnosed with type 2 diabetes or prediabetes, **Virta Health** can help you reverse the disease by lowering your blood sugar, A1c, and weight, without the risks, costs, and side effects of medications or surgery.

What's Included:

- Continuous physician supervision (check-ups and safe medication reductions)
- Individual treatment plan customized to your needs
- Tools for biomarker tracking such as testing strips and a scale
- Personal health coach for ongoing support
- On-demand resources (recipes, meal plans, and educational guides)
- Private community to connect with other patients



Visit virtahealth.com or scan the QR code.



Virta Health, an independent company, offers a provider-led treatment program to help Blue Cross and Blue Shield of Alabama members achieve diabetes reversal.

Doctor on Demand

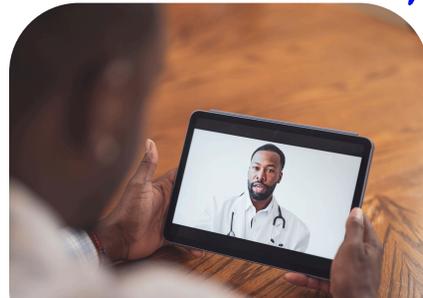
Virtual Healthcare Provider

Doctor on Demand is a virtual healthcare provider available to all members that can provide urgent care, mental health and dermatology appointments 24/7 by phone or video. Doctor on Demand utilizes U.S. board-certified doctors across the country to save you from having to visit a doctor's office.

Receive affordable care for issues such as:

- Cold and flu symptoms (such as headaches, nausea, vomiting, cough)
- Allergies (such as seasonal allergies, hives, allergic sinusitis)
- Everyday issues (such as UTI, fatigue, IBS, joint pain)
- Skin conditions (such as acne, cellulitis, rashes, sunburn)
- Mental health concerns (such as anxiety, stress, depression, PTSD, trauma, bipolar disorder, grief, + more)

Download the Doctor on Demand app to enter your personal and health insurance information before requesting an appointment.



Visit doctorondemand.com/Alabama or scan the QR code.



Doctor on Demand by Included Health is an independent company that provides a telehealth mobile app and health services on behalf of Blue Cross and Blue Shield of Alabama.

Baby Yourself

Maternity Program

One of the most important things you can provide your baby is a healthy start!

Baby Yourself is a free maternity program that helps ensure you and your baby receive the best possible healthcare during pregnancy. It is administered by registered nurses with experience in prenatal care, labor and delivery, lactation, and newborn care.

Eligible program participants receive:

- Personalized support and educational materials
- A personal nurse you can call throughout your pregnancy
- Care coordination for high-risk pregnancies
- Useful gifts that support healthy habits

Baby Yourself is available to subscribers and their covered dependents. Local Gov will waive the hospital deductible and daily copays at delivery for those who enroll in the program within your 1st or 2nd trimester.



Visit AlabamaBlue.com/BabyYourself or scan the QR code.

