



# CHANT *Benefits*

COASTAL CAROLINA UNIVERSITY BENEFITS NEWSLETTER

## WELCOME TO THE 1ST ISSUE OF THE BENEFITS NEWSLETTER!

With our inaugural issue complete and subsequent quarterly issues already in the works, we are pleased to announce the launch of our new newsletter. Our goal with this newsletter is to bring CCU employees basic information regarding their benefits as well as highlight additional benefits or programs offered.

## TELEHEALTH OPTIONS

### BLUE CAREONDEMAND

Blue CareOnDemand<sup>SM</sup> is a faster, easier way to connect with health care professionals. You can use this service to connect with U.S. board-certified physicians and other health care professionals 24/7, 365 days a year, from your computer or smartphone. This benefit is available to State Health Plan primary members ages 18 and older. Dependent children younger than age 18 can also use this benefit with an adult member. Medicare-primary members are not eligible for this service.

Your copayment, deductible and coinsurance will be processed the same as it is for a normal office visit.

Register today! Members ages 18 and older must create their own account; however, dependents younger than 18 must use the primary subscriber's account.

If you have any questions, please call 800.868.2520.

From your computer: Visit [www.BlueCareOnDemandSC.com](http://www.BlueCareOnDemandSC.com).

From your mobile device: Download the free app for your Apple or Android device.

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## IMPORTANT DATES:

- CCU Benefits Fair - 10/07, 8:30am-12:00pm
- Insurance Open Enrollment - 10/01 - 10/31

### MUSC HEALTH VIRTUAL CARE

MUSC Health Virtual Care is an easy way to be treated for common conditions such as allergies, pinkeye, sinus infections, skin rashes, sore throat, urinary tract infections and flu. It is available 24/7, but it is not meant to replace your primary care provider. This service is available at no cost to members for all State Health Plan members, including Medicare primary members.

Members ages 18 and older can create an account. Visits for dependent children younger than age 18 must be completed by a parent. You do not need to be a South Carolina resident; however, you must be in the state at the time of the visit.

How to start a visit

1. Go to [www.MUSChealth.org/virtual-care](http://www.MUSChealth.org/virtual-care).
2. Click Get Care Now, then Create Account.
3. Select State Health Plan, then Continue.



## No-Pay Copay

No-Pay Copay rewards members for taking active steps in managing their health and members can receive certain generic drugs related to their condition the next quarter at no cost.

Covered conditions include:

- High blood pressure and high cholesterol.
- Cardiovascular disease, congestive heart failure and coronary artery disease.
- Diabetes.

Visit [StateSC.SouthCarolinaBlues.com](http://StateSC.SouthCarolinaBlues.com) or call BlueCross at 800.868.2520 for more details.

## Tobacco Cessation

This benefit provides enrollment in the Quit For Life® program at no cost. It also includes a \$0 copay for tobacco cessation drugs to eligible participants.

To enroll:

You can enroll by phone or online. After verifying your eligibility, you can talk to a Quit Coach.

Call 800.652.7230 (State Health Plan's dedicated line) or call 866.QUIT.4.LIFE (866.784.8454).

Visit [www.quitnow.net/SCStateHealthPlan](http://www.quitnow.net/SCStateHealthPlan).

## Employee Assistance Program

### MEMBER PORTAL & APP

THE DAILY WELL-BEING MOBILE APP AND WEBSITE  
AVAILABLE AT NO COST TO YOU!




### Your Mental Health and Well-Being Matters!

Easily access 24/7 counseling, support, and personalized content from any device. My Life Expert includes the following daily living resources:

 <b>3000+ ARTICLES, VIDEOS, AND WORKSHEETS</b>	 <b>DAILY LIVING AND LIFESTYLE ASSESSMENTS AND SURVEYS</b>
 <b>EVENTS CALENDAR FOR LATEST WEBINARS AND ONLINE TRAINING SESSIONS</b>	 <b>BUILD YOUR OWN CUSTOMIZED PROFILE</b>
 <b>24/7/365 CONFIDENTIAL SUPPORT</b>	 <b>INTERACTIVE CHECKLISTS</b>

VISIT: [www.lifeserviceseap.com](http://www.lifeserviceseap.com) | USE CODE: LS0238 | CALL THE ASSISTANCE PROGRAM: 800-822-4847

## RALLY

Rally<sup>SM</sup> is a web and mobile platform offered at no cost to State Health Plan members. The platform will give you personalized recommendations to get you moving more, eating better and feeling happier – and you'll have fun doing it.

Sign up by logging in to your My Health Toolkit account and selecting Rally under the Wellness tab. [State of South Carolina - Home \(southcarolinablues.com\)](http://State of South Carolina - Home (southcarolinablues.com)) For questions about Rally, please contact Rally's customer service at 877.484.7715.

## wondr

Learn the skills to lose weight and keep it off forever while still eating your favorite foods in this clinically proven online program. In the program, you will learn it's not what you eat but when and how you eat that will help you lose weight. Classes are offered about once a quarter, and the application for each class opens approximately one month before the class starts.

Go to [www.wondrhealth.com/PEBA](http://www.wondrhealth.com/PEBA) to learn more about the program, including the class schedule, and to apply or join the waitlist for an upcoming class.

## meru health

Meru Health is an online health care provider that offers State Health Plan primary members an evidence-based program to reduce anxiety, stress, depression and burnout. Meru's 12-week treatment program combines therapist and psychiatrist support, a biofeedback training device, anonymous peer support, meditation practices, and habit-changing activities for sleep, nutrition and more.

Learn more about the program and enroll at [meruhealth.com/cba](http://meruhealth.com/cba).