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CareFirst is committed to supporting a culture of health and offers employers a comprehensive set of benefits, programs, and services. Use this chart to learn more about the well-being services available to CareFirst members by clicking on the **embedded** hyperlinks. For supporting marketing materials, visit [Wellness & Blue Rewards Resources | CareFirst BlueCross BlueShield](#).
















Resource/Program	Financial	Nutrition	Physical Activity	Sleep	Stress
<p><b>CareFirst WellBeing<sup>SM</sup> *</b> CareFirst WellBeing<sup>SM</sup>, your wellness and rewards program, is your personalized, digital connection to living and maintaining your healthiest life. Offerings include:</p>					
 <p><b>Craving to Quit</b> A 21-day digital mindfulness program that teaches you to be aware of your cravings and habits, and includes daily lessons, tools and support to help you quit smoking or vaping.</p>					
 <p><b>Eat Right Now</b> App-based program that offers accessible, daily practices scientifically proven to reduce craving-related eating and help you change your relationship with food.</p>					
 <p><b>Health Coaching</b> <b>Lifestyle:</b> Coach-directed program to reduce health risks by encouraging members to make long-term lifestyle changes to improve overall well-being. <b>Disease Management:</b> Coach-directed program focused on the clinical management of 10 disease conditions that optimize care for those most at risk of disease development.</p>					
 <p><b>Noom</b> Digital health platform designed to help people lose weight, get fit and stay healthy. It uses a unique traffic light system to rank foods based on how many calories they contain.</p>					
 <p><b>Smart Dollar</b> Self-guided, online course by financial guru Dave Ramsey that assists with financial stress by focusing on fiscal “baby steps.”</p>					
 <p><b>Inspirations</b> Inspirations offers relaxation and wellness videos that help you experience freedom from stress, unwind at the end of the day, or ease into a restful night of sleep.</p>					
 <p><b>Blue365*</b> Discounts from national and local retailers on fitness gear, gym memberships, family activities, healthy eating options and more.</p>					
<b>Additional resources also accessible from CareFirst WellBeing<sup>SM</sup></b>					
 <p><b>7 Cups</b> Behavioral Health Digital Resource employees (and their dependents) with medical benefits can utilize. This tool is anonymous, confidential and available at no cost.</p>					
 <p><b>CloseKnit*</b> Virtual primary care that’s centered around you.</p>					

\* Employees must have CareFirst medical benefits to be eligible.



### **Additional Health and Wellness Resources**

The CareFirst member portal is available to give members easy access to everything they need to know regarding their coverage, including benefits. A few important resources included are noted below with **embedded links** for more information on each.

	<b><u>Behavioral Health and Addiction</u></b> Living your best life involves good physical and mental health. CareFirst Members have access to providers and resources if they or their loved ones are living with a mental health condition or substance use disorder. Our support team is made up of specially trained professionals ready to help.					
	<b><u>Healthy Pregnancy</u></b> Information and resources for members to maintain their best health throughout their pregnancy.					
	<b><u>Health Information, Tips, and Tools</u></b> Resources on health topics from preventive care, to desk workouts and more!					

Ask your dedicated  
CareFirst WellBeing  
Consultant for  
information on additional  
wellness services!

