

[S.T.E.P.] HR Tips: 360° Health – “Live Well, Live Healthier”

Did you know that as a BlueCross BlueShield member you are eligible to receive free tools, resources and professional support that can not only improve your health, but also help you save money? BCBS’s 360° Health program offers BCBS members preventive care programs, wellness information, case management, and care coordination services designed to help members and their families feel better and reduce their current and future health care costs. 360° Health’s action-oriented health goals include:

- **Improve your Health**: *Healthy Living*, a website specially designed to help you and your family make healthier choices to improve wellness.
- **Get Guidance** – Access to experts who can provide information and support to address your concerns and give you the assistance you need in reaching your health goals: 24/7 NurseLine, MyHealth Coach, Healthy Lifestyles team, nurses for Future Moms, Neonatal-intensive-care-unit, email alerts from MyHealth Advantage, and an [Employee Assistance Program \(EAP\)](#).
- **Manage a Condition**: Provides support to help you manage a chronic condition that you or a family member might have, such as asthma, diabetes or heart disease. 360° Health will work with you, your doctor and other health care professionals to help you improve your health.

To learn more about the advantages of participating in the 360° Health program or to register for the program, go to the [program’s website](#) or go to <http://www.bcbsga.com/> and click on 360° Health.

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HR Tips is brought to you by the Libraries’ Human Resources department and will be issued periodically. Suggestions for tips are welcome. Submit your tips, or any questions you might have, to libjobs@uga.edu. To view past HR Tips go to <http://www.libs.uga.edu/humres/hrtips/index.html>.

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