



# BlueCross & CNEMT



For more than 25 years, we've worked with the Center for Nonprofit Excellence of Middle Tennessee (CNEMT) to offer preferred group pricing for one of the most recognized and accepted health plans in the nation. This is for agencies that are current CNEMT members with 51 or more W-2 employees. To find out if you're eligible, please contact [membership@cnemt.org](mailto:membership@cnemt.org).

## Affordable, Value-Focused Health Plans

Controlling costs is important for your business. That's why we develop cost-effective products and work with providers to offer discounts for you and your employees.

## Strong Provider Networks

We have one of the largest provider networks in Tennessee and throughout the nation, so you and your employees are covered no matter where you are.

## Exceptional Support

We're right here to answer any questions you and your employees have about your coverage:

- › **Consumer Advisors** — One-on-one personalized benefit support for your employees
- › **Consumer Coaches** — Expert support team for consumer-directed health plans
- › **Online Self Service** — Members can review their claims and coverage any time at [bcbst.com](http://bcbst.com).
- › **Single Point-of-Contact** — Support by phone or email for your group administrator
- › **Employer Resource Center** — Manage your employer account at [bcbst.com](http://bcbst.com).

## Wellness Support

Your employees have access to our online wellness center at no additional cost to your company. It's easy to use, and works hand-in-hand with a mobile app so members can work on improving their health when it's convenient for them. The online wellness center allows members to:

- › Take their Personal Health Assessment.
- › Monitor stress level, nutrition, weight, exercise and more with a health tracker.
- › Sync nutrition and fitness devices or apps, and view activity.
- › Set health goals or use our trackers.
- › Take an online health course.
- › Participate in wellness challenges.
- › Find personalized health and wellness content.

## Cost-Comparison Tools

Members can better plan for health care costs when they get an estimate first. Our HealthCare Cost Estimator tool lets members see cost estimates for more than 1,400 common procedures. They can even use it to compare different doctors and facilities, and see how other members rated them.

## Member Discounts

Members get exclusive discounts on well-being products and services through our members-only discount program. They'll find discounts on things like:

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

## Teladoc Health®

Teladoc Health offers affordable urgent care, mental health care and some specialist care 24 hours a day, 7 days a week — all from a smartphone. And members will typically pay less than they would for a visit to the office or urgent care clinic. Teladoc Health can help members with issues like:

- › Allergies, cold, fever and flu
- › Sinus or respiratory issues
- › Skin conditions (rashes or insect bites)
- › Certain pediatric conditions
- › Pink eye
- › Urinary tract infections
- › Constipation or diarrhea
- › Earaches
- › Nausea and vomiting



For more information about CNEMT plans and eligibility, email CNEMT at [membership@cnemt.org](mailto:membership@cnemt.org).

Teladoc Health® is an independent company and does not provide BlueCross BlueShield of Tennessee products or services. Teladoc Health is solely responsible for the products and services they provide. Teladoc Health operates subject to state and federal regulations.