

Program Selection Chart (ASO and Balanced Funding 250-999 eligible subscribers)

Important contractual document. Please retain for your records.

Unless otherwise noted, all fees listed below will be billed as a Care Management fee on your monthly Statement of Account. Care Management fees are a component of Claims Expense and are included in your claims projections.

Program	Description	
The programs below are incorporated into your medical benefits. The applicable fee is listed.		
Mental Health/Substance Abuse Management	\$0.28 Per member per month	Magellan provides utilization management for higher levels of care, including the provision of: preauthorization; referral to the provider network; care coordination; case management; discharge after-care planning; interface and coordination with preventive care.
Diagnostic Imaging Management (DIM) UDS 153	\$0.35 Per member per month	Requires prior review for all CT, CTA, MRI, MRA, PET scans, Echocardiography and nuclear cardiology studies performed in an outpatient setting. Managed by American Imaging Management, Inc (AIM).
Medical Oncology Solution UDS 193	\$0.21 Per member per month	Promotes the use of evidence-based treatment guidelines and quality outcomes by efficient use of chemotherapy and supportive agents.
Specialty Care Shopper Program UDS 194	\$0.06 Per member per month	Guides providers and members to best imaging site by providing cost and quality transparency for CT and MRI studies.
Sleep Study Management Program UDS 195	\$0.10 Per member per month	Requires prior approval for sleep studies and related durable medical equipment.
Telehealth Service UDS 286	\$1.15 Per contract per month	Provides services to members via interactive audio and video consultation with doctor who can diagnose and prescribe medication. Note: Telehealth benefit is based on your PCP copay/deductible & coinsurance.
Program	Description	
The standard programs below are charged at a rate of \$0.79 PMPM.		
Healthy Outcomes Condition Care UDS 188	Provides support for members with Diabetes, Asthma, Coronary Artery Disease, Congestive Heart Failure, and Chronic Obstructive Pulmonary Disease. Includes printed material as well as telephonic disease management health coaching. Intensity of coaching varies by acuity.	
Healthy Outcomes Maternity UDS 172	Supports new and expectant mothers through pregnancy and delivery. Includes printed material, tailored obstetric risk assessments, and nurse line staffed by obstetric nurses.	
Health Line Blue UDS 142	24/7 Nurse Line: Confidential health information resource staffed by highly trained registered nurses.	
Online Wellness Programs UDS 192	Online Health Assessment, Goal Setting and Tracking, Personal Health Record, Wellness Tools, Educational Materials, Wellness Courses, and Coaching. Health Assessment can be suppressed; see Wellness Plan selection below for more information. Paper Health Assessments have an additional cost of \$16.50 per processed form.	
Wellness Plan Design UDS 176	Refers to the wellness experience in the Healthy Outcomes wellness portal. Design options range from non-tracking, participation-based, to activity or points-based, by which members complete wellness activities to reach a goal. Weekly reporting tracks activities completed and credits earned. Note: Choosing Core A (1a) will suppress the Health Assessment.	

Wellness Tracking (check all that apply)	Employees only UDS 184 Employees & Spouses UDS 184	Pre-65 Retirees UDS 186 Post-65 Retirees UDS 187	Employees, Spouses & Dependents over 18 UDS 184 N/A
Customized Reporting <i>Subject to BCBSNC Approval</i>	Additional fees may apply to customized reporting.		
Program		Description	
The programs below are optional at the indicated price.			
Depression Management UDS 173	\$0.09 Per member per month	Disease management program that provides holistic support and ongoing education to help members manage and cope better with their depression.	
Pain Management UDS 174 • Comprehensive • Fibromyalgia/Migraine	\$0.36 \$0.09 Per member per month	Disease management program that includes support for: back pain (including upper and lower back and neck); rheumatoid arthritis; migraines and tension headaches; fibromyalgia; tendonitis/bursitis; elbow and rotator cuff disorders; carpal tunnel syndrome; osteoarthritis; frozen shoulder; and regional musculoskeletal disorders.	
Lifestyle Coaching UDS 175	\$0.22 Per member per month	Live coaching program that encourages members to adopt healthier behaviors. Members receive one-on-one coaching through phone and email.	
Eat Smart, Move More, Weigh Less UDS 148 <i>Not billed as a Care Management Fee</i>	\$205.00 Per participant per Part	Part 1 is a 15-week weight management program. Part 2 is a 12-biweekly weight management continuation program. This will be billed through claims, not as a Care Management fee.	
GuidedHealth Rx Program UDS 023	\$0.10 Per member per month	Identifies drug therapy opportunities and engages doctors to improve care and lower costs using an analysis of pharmacy and medical data.	

Caveats:

1. Depression Management, Comprehensive Pain Management, and Fibromyalgia and Migraine Pain Management programs cannot be purchased if the Healthy Outcomes Condition Care program is carved out of the core package.
2. Member portal will only display programs purchased.
3. Please refer to the full rate exhibits for complete list of all rating assumptions and caveats.
4. Fees are effective as of the contract renewal date stated on this document, and are subject to change during the year.
5. Online wellness programs must be purchased if Health Assessment is chosen.
6. Lifestyle Coaching is not available to groups in Core A.
7. With regard to the Wellness Plan Design, if you choose to offer rewards, please consult with your tax advisor and attorney to ensure that the design and any rewards comply with all applicable laws and regulations. Employer remains responsible for designing and funding the rewards component.

By signing below, I agree that this document accurately reflects (1) the program selections that will be charged as care management fees and (2) the Wellness Plan Design selected and any additional fees, if any, that will be charged as administrative fees under the administrative services agreement with BCBSNC for the above-noted contract year. I further acknowledge that if any other incentives are provided by the Group (e.g. PTO) BCBSNC has no responsibility or liability with regard to the administration of those incentives other than providing necessary reports.

Plan Administrator Signature _____ Date _____