



— Business Health Trust’s Industry Health Trusts & Premera Blue Cross —

## Working Together to Bring You Wellness in 2018

The Business Health Trust (BHT) benefit platform provides affordable, convenient and comprehensive employee benefit products through its Industry Health Trusts.

Based on the belief that the business community thrives when the whole community is healthy, BHT partners with Premera Blue Cross to offer medical benefits that support this goal.

Turn the page to check out what’s new from Premera Blue Cross in the 2018 plan year for the BHT Industry Health Trusts (shown below).



**More information: 206.602.3358 or [info@businesshealthtrust.com](mailto:info@businesshealthtrust.com)**



**BLUE CROSS**

An Independent Licensee of the Blue Cross Blue Shield Association

Premera Blue Cross has a history of helping generations of Washingtonians. Serving Washington state since 1933, Premera is a not-for-profit, independent licensee of the Blue Cross Blue Shield Association. We serve more than 2 million people – from individuals and families to members of Fortune 100 employer groups.

It is our purpose to improve our customers’ lives by making healthcare work better. Which is why we offer a rich set of tools and resources to help our customers manage both their healthcare and costs.



# BHT

Business Health Trust  
Industry Health Trusts  
— 2018 Plan Year —

## Support for smart healthcare decisions

Premera plans include consumer web-based tools and health-support programs. They help employees maintain good health and change unhealthy behavior.

All medical plans include these great support programs:

- **Find a Doctor tool:** Search doctors, clinics, cost estimates and more.
- **Virtual care:** Video or phone consultations with a physician.
- **Teladoc®:** Offered at \$0 co-pay on all non-HSA plans (including dermatologist consults).
- **24-Hour NurseLine:** Free, confidential health advice from a registered nurse, available 24/7.
- **Low-cost fitness center memberships:** Get access to 9,000 fitness centers nationwide.
- **Pregnancy and newborn support:** BestBeginnings Maternity engages parents from pregnancy through newborn care with personalized tools and support that encourages discovering risks early. Additionally, our NICU Program is available to help reduce costs associated with high-risk pregnancies or newborns who end up in neonatal intensive care units (NICU).

**For more information or to enroll today, contact 206.602.3358 or [info@businesshealthtrust.com](mailto:info@businesshealthtrust.com)**

## Provider network built for value and quality

Premera Blue Cross offers a comprehensive network in Washington.

The Premera network of doctors, hospitals, and other healthcare providers is designed to offer ready access to safe, effective, high-quality care at affordable prices.

Our strong relationships with our provider partners help maximize healthcare dollars by:

- Focusing on quality care
- Helping control rising medical and prescription drug costs
- Providing resources for improved healthcare

When outside Washington, members can access Premera's national network of preferred providers, offering the same high standards of quality.