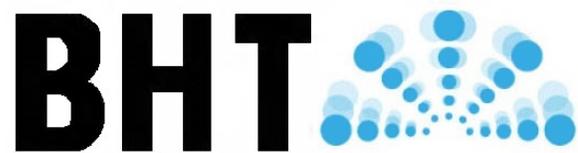


## BHT Wellness Resources FAQ



### Q Why emphasize wellness?

A The Business Health Trust (BHT) believes that the business community thrives when the whole community is healthy. To support creation of an ongoing culture of wellness, BHT offers wellness tools and resources to help employers promote and communicate the importance of health and wellness. Not only can a healthy lifestyle **improve your quality of life**, but it also can help reduce employer costs by decreasing sick days and preventing more serious illnesses.

### Q What is the cost to access BHT Wellness Resources?

A Creating a healthy workplace takes time and the right mix of communications, resources and incentives. To create the right environment, BHT offers wellness tools and resources at **no additional cost\*** to member companies and members. There are no extra forms to complete and no minimum requirements.

### Q What preventive wellness measures are covered with BHT?

A To help you support a healthy community, BHT medical carriers Premera Blue Cross and Group Health offer a free 24-hour nurse line, coverage for preventive visits and other wellness resources. Visit the **Group Health** website for healthy lifestyle tips; if your plan is with **Premera Blue Cross**, you're invited to take advantage of free in-network flu shots.



### Q How can I find area health care providers in my price range?

A Through BHT's partners at **RocketMed Wellness**, you have access to a mobile healthcare marketplace that helps members quickly identify wellness services, and allows you to choose the service, location and price that fits your personal needs at [RocketMed.com](https://www.RocketMed.com).



Q

## Are advisors available to help me with my wellness journey?

A

Whether you are looking for personalized health and wellness advice or financial or legal counseling, **Wellspring EAP** has you covered with professional and confidential advisors available 24/7. The free resource\* includes three in-person meetings with a counselor along with free unlimited online and telephonic support on parenting, eldercare, stress management, wellness and much more. Go to [WellspringEAP.org](http://WellspringEAP.org) and type in username "BHT".



Q

## How can I be sure I'm getting high-quality care?

A

Learn how to find value in your health care through BHT's partners at the **Washington Health Alliance**. The nonprofit group helps you become a "Savvy Health Care Shopper" by comparing quality, patient experience and cost at medical centers throughout Washington at [WACommunityCheckup.org](http://WACommunityCheckup.org).



Q

## What other resources can help me focus on wellness?

A

The more you know about your current health and how everyday choices may affect it, the better equipped you are at making changes that could have long-lasting impacts. In addition to the above resources, our partners offer additional health and wellness information you can use to improve your life, including:

- Individualized access to online tools and resources through **Wellspring EAP**, with topics including Healthy Eating, Parenting, Mental Health, Women's Health, Aging Well and much more. Whether you prefer videos, articles, online seminars, health assessments or other online resources, the resources available on [WellspringEAP.org](http://WellspringEAP.org) can help you live a healthier life.
- "Own Your Health" with help from our partners at the **Washington Health Alliance**, which features a customized page for BHT members offering an online library of articles and resources.
- Learn healthy living tips with Group Health's **NWHealth blog** at [blog.ghc.org](http://blog.ghc.org).

Q

## Where can I find these Wellness Resources?

A

Links to BHT's partner sites as well as marketing collateral is available at **BusinessHealthTrust.com** under "Wellness Resources." Separate resources are available on the "Welcome" pages for employers and members.