Employer Wellness Resources
We can help you improve the wellbeing of your employees.

Workplace Consultation and Support
Our staff can provide information to help you establish, develop or evaluate your workplace wellness programs.

Health and Wellness Presentations
Nurse health educators can provide health and wellness education sessions for enrolled groups. These can be in person or via webinar, and can be tailored to meet group needs. A topic list is available on our website. Select “Employer Tools” from the customer service drop down tab. Additional topics can be developed with adequate notice.

Tobacco Cessation Classes
Subject to availability, tobacco cessation classes can be conducted for groups who meet a minimum class enrollment requirement.

Biometric Screening and Counseling
We can assist with identifying a vendor and developing a strategy for events. For some first-time participating groups, we can provide nurses to conduct individual results counseling by phone or in person (subject to availability).

Online Health Assessment
The health assessment (powered by WebMD®) is accessible through BlueAccess® on our website at bcbsks.com. Aggregate reports are available for groups with certain levels of participation.

Wellness Media Library
Visit the health & wellness drop down tab on bcbsks.com to find videos, recorded webinars and other educational resources.

Disease and Wellness Management
Our telephone-based disease and wellness management programs are designed to help your employees improve their quality of life. These programs (listed below) are available to Blue Cross and Blue Shield of Kansas members at no additional cost to their existing health plan. Blue Cross members can enroll by calling 1-800-520-3137 or by visiting bcbsks.com/BeHealthy.

- Asthma
- COPD
- Diabetes
- Heart Disease
- High Blood Pressure
- High Cholesterol
- Weight Loss
- Stress Management
- Tobacco Cessation

Special Invitation to Your Employees
One key strategy is to insure employees take advantage of these opportunities to improve their health. Our systems identify employees who might be good candidates for our disease management programs. Once identified, we generate an invitation letter to those individuals. We also have guidelines in place if you’d like to incorporate our disease and wellness programs into your company’s strategies as ways for employees to earn points or avoid premium surcharges. Contact us for more information.

All resources are subject to availability. For additional information contact your Blue Cross sales representative.