

Wellbeing at Weis

Your guide to resources on your journey to better health



Journey to a healthier you

The journey toward a healthy life is unique to each person. Everyone has different destinations in mind and stops along the way. Wherever you are in your health journey, Weis Markets offers comprehensive benefits and resources to help you live a healthy life. This guide can help you find the resources that meet your specific needs.

Take this important step!

Act NOW to start earning up to \$400 in Healthy Blue Rewards by **December 31, 2025**. See [page 3](#) to learn more, including how to **avoid a \$1,400 wellness surcharge** in 2026.



Prevention and staying healthy

Healthy Blue Rewards
Tobacco cessation
Preventive care visits



Mental health

Employee Assistance Program (EAP)
Virtual mental health visits
Mental health medications



Common health issues

VirtualCare & second opinions
Joint or back pain
Urgent care/walk-in centers
Women's health
International medical care
High Blood Pressure 101



Surgery or major medical care

Case management
Surgery & specialty care
Preauthorization
Serious or rare health conditions



Diabetes care

Diabetes 101
Prevention and treatment support
Type 2 diabetes reversal



Support you need

Contact Phone Number and Website

I need help with... prevention and staying healthy



Taking small steps to actively maintain your health and prevent future health problems today will pay off down the road by boosting your energy levels and improving your physical and mental health. Maybe you've already been taking steps, or perhaps you're looking for an easy way to kickstart your journey. Wherever you are, Weis has programs or resources that can help keep you going.

Healthy Blue Rewards
Earn rewards

Preventive care visits
Get care covered at 100%

Tobacco cessation
Get help to quit

Having trouble? Call Capital Blue Cross Connect at 1-855-505-2583  or go to [capbluecross.com](https://www.capbluecross.com) .

Healthy Blue Rewards

For help knowing where to focus on improving your health...

...Weis medical plan participants can complete a few simple steps to earn up to **\$400**. These funds will be loaded to your Optum debit card for your to use on qualified medical expenses.

Get your bearings before you start your journey. Complete a confidential biometric health screening (a simple blood test) by **December 31, 2025** to earn \$275 in your health reimbursement account (HRA) and avoid the **\$1,400 wellness surcharge**. Then, complete optional interactive and educational activities to earn up to \$100. You can still earn \$25 for completing the online health assessment, but it is no longer required to avoid the 2026 wellness surcharge. You can also earn more by getting a flu shot to receive a \$25 Weis Markets gift card.

Participation is voluntary. However, you must complete the biometric health screening to avoid the wellness surcharge on your medical coverage in 2026.

Note: The surcharge doesn't apply if you are hired after May 31, 2025.



HOW CAN HEALTHY BLUE REWARDS HELP?

- Learn where to target your health and fitness efforts
- Online tools and challenges available
- Personalized motivation
- Build new routines and take charge of your health



WHY SHOULD I PARTICIPATE?

- Earn up to **\$400 in rewards** for completing activities by December 31, 2025
- Avoid the **\$1,400 wellness surcharge**
- Convenient — complete the activities at home or with your doctor
- The greatest reward of all...your health!

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Getting started



Step 1: Start your engines!

Log in to your account or register now with Capital Blue Cross one of two ways:



Mobile

Go to the App Store (iOS) or Google Play (Android) and search AlwaysOn® Wellness. Download the app and follow the prompts.



Online

Log in or follow the prompts to register at [capbluecross.com](https://www.capbluecross.com) . Click *Wellness*, then *Healthy Blue Rewards*.



Step 2: Take your first lap

Complete the biometric health screening to **earn \$275 and avoid the \$1,400 wellness surcharge.**

Route #1: At a physician's office

- Schedule an annual wellness visit with a health care provider or call **1-855-505-2583** to schedule an appointment at a Capital Blue Cross Connect health and wellness center. Schedule in advance to beat the deadline.
- Download and print the **biometric health screening form** from Workday or request it from the Weis HR team.
- Have an eligible health care provider perform the blood test (standard lipid panel blood test and a glucose test) and sign your form. For the most accurate results, fast 10-12 hours before your screening.
- Return your completed form via email, fax, or mail. To make things easier, you can simply take a picture of the form and upload it online to the Healthy Blue Rewards portal. **Note:** It's your responsibility to ensure the completed form is received by the deadline.
- If you've already had your biometrics taken on or after **March 1, 2025**, simply have your provider fill in the results on the form and return it by email, fax, or mail.
- Results will be posted within five to 10 business days of receiving your completed form.

Route #2: At home

- Request your Home Kit from Catapult at VirtualCheckup.com/Weis .
- You'll receive a blood pressure monitor (if requested), blood pressure log, tape measure, plus everything you need to collect four drops of blood that are sent directly to a lab for processing.
- **You must register for a kit by December 1, 2025**, and the return sample must be **postmarked by December 31, 2025**, for it to count toward your rewards.
- You'll be notified that the lab work is complete.
- You'll receive an invitation to schedule a virtual appointment to review your results. **You must complete this appointment to earn rewards for the biometric health screening.**

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Step 3: Progress pit stop

To see and confirm receipt of your results, go to the Healthy Blue Rewards dashboard under the “Reward History” tab.



Step 4: Round the corner

Complete additional activities, including training sessions and the health assessment, to **earn another \$100.**

You’ll find the health assessment on the Healthy Blue Rewards home page (capbluecross.com > Wellness > Healthy Blue Rewards). For the rest of the activities, go to capbluecross.com > Wellness > Healthy Blue Rewards > Eligible Activities to see which additional activities are available for you to complete. Complete the activities online, and then they will show up in your “Rewards History.”



Step 5: Push it to the max!

Receive a flu shot at a Weis Markets pharmacy to earn a \$25 Weis Markets gift card. For Weis associates in Delaware and Virginia where there are no Weis Markets pharmacies, send proof of your flu shot to HR@WeisMarkets.com to earn your reward.



Step 6: Cross the finish line

Remember to complete your activities by **December 31, 2025**, to earn your rewards.

The rewards dollars will be loaded to your OptumFinancial HRA debit card as you complete activities!



2025 rewards snapshot: See how much YOU can earn



Important! Complete a confidential biometric health screening (a simple blood test) by **December 31, 2025**.

\$275 in your HRA and avoid the **\$1,400 wellness surcharge**

Optional: Complete a mix of interactive and educational activities, including the health assessment for \$25, and choose from 30+ others based on your health needs and goals!

Up to **\$100**

Optional: Receive a flu shot at a Weis Markets pharmacy.

\$25 Weis Markets gift card



Total

\$400 + the greatest reward of all...your health!

Take good care of yourself: Practice self-care

Self-care means taking actions to maintain or improve your physical, mental, and emotional wellbeing. By simply adjusting your daily routine, you can reduce stress, improve your health and relationships, and feel more fulfilled. Here are a few ideas to get you started...



7 easy self-care tips

1. Eat nutrient-rich meals
2. Get 8 hours of sleep at night
3. Go for a walk outside
4. Meet a friend for coffee
5. Spend 30 minutes a week on your budget
6. Volunteer in your area
7. Schedule time for activities you enjoy

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Explore more health opportunities

Preventive care visits

Preventive care visits can help you detect health issues early when they're easier to address and less costly to treat. In-network preventive care is covered at 100% and includes, based on age and gender guidelines:



- Annual physicals
- Gynecological exams
- Mammograms
- Pap smears
- Colonoscopies
- Prostate-specific antigen (PSA) tests

Tobacco cessation: Avoid the \$1,100 tobacco surcharge!

If you indicated that you use tobacco when you elected medical coverage, an annual surcharge of **\$1,100 (\$21.15 per week) is being deducted from your paycheck**. You can stop the surcharge and get reimbursed for any surcharge applied since March 1, 2025 by:



- Completing the six-week *Quitting Tobacco* (tobacco cessation) course by December 31, 2025, located on the Healthy Blue Rewards dashboard, or
- Submitting a physician affidavit form, available from the Benefits Department — if there is a medical reason why you cannot meet this requirement.
- Once you submit your course completion certificate or physician affidavit form to the Benefits Department, the surcharge will be removed, starting with your next paycheck, and you will be reimbursed for any surcharge applied since March 1, 2025. So, don't wait!

Dietitian support

Weis Dietitians offer free nutrition consultations through video chat, phone call, or in person at select Weis locations.

Nutrition consultations can help you reach health goals, such as improving your blood pressure, lowering your cholesterol, finding new recipe ideas, and more.

Find more information at weismarkets.com/nutrition  or email weisdietitians@weismarkets.com .



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I need help with... my mental health



Taking care of your mental health is just as important as taking care of your physical health. Whether you're feeling overwhelmed by emotional or financial stress, need child or elder care, or are looking for treatment for anxiety and depression, you can get help.

Employee Assistance Program (EAP)

24/7 confidential support

Virtual mental health visits

Convenient mental health care

Mental health medications

Get to the right prescription faster

If you or a loved one is in immediate danger of self-harm or harming others, call 911.

The National Suicide Prevention Lifeline is available 24/7, in English or Spanish, at 1-800-273-8255.

The National Domestic Violence Hotline is available 24/7 at 1-800-799-7233.

Employee Assistance Program (EAP)

For everyday problems or complex mental health concerns...

...the EAP through **GuidanceResources** provides confidential, free support.



HOW CAN THE EAP HELP?

- Face-to-face/virtual counseling (three sessions per person, per issue, per year) to help you manage stress, substance abuse issues, deal with loss and grief, and more
- Financial counseling
- Legal services (free 30-minute consultation and 25% off for more extensive support)
- Information, referrals, and resources for work-life needs such as home improvements, event planning, or finding elder or child care
- Online mental health resources and tools



WHY SHOULD I USE IT?

- **No cost**
- 24/7 support
- Services online or by phone
- Convenient care to improve your mental health or address everyday problems
- Confidential and private



HOW DO I GET STARTED?

- Call **1-833-812-5182**
- Or, visit [guidanceresources.com](https://www.guidanceresources.com) (web ID: WEIS)



The EAP is available round-the-clock, 365 days a year to all Weis associates and family members. So if you feel stress or anxiety, don't hesitate. Call right away and get help.

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Virtual mental health visits

For when you need support for anxiety, depression, eating disorders, and more...

...get convenient, confidential virtual counseling and psychiatric care from **Capital Blue Cross**.



HOW CAN VIRTUALCARE VISITS HELP?

- Psychologists and counselors diagnose and treat conditions such as anxiety and depression, and provide bereavement, grief, trauma, and LGBTQ+ counseling
- Psychiatrists and neurologists assess and treat conditions such as anxiety, eating, obsessive compulsive, and post-traumatic stress disorders



WHY SHOULD I USE IT?

- Same-day appointments with psychologists and counselors are possible
- Psychiatry appointments are scheduled within 14 days
- Follow-up visits for medication management as needed
- Have private conversations freely from your own home



HOW DO I GET STARTED?

- Register now at virtualcarecbc.com  before you need care
- \$10 per virtual primary care visit
- For mental health specialists, you pay 30% in the Silver Plan (or 25% in the Gold Plan) after the deductible

Mental health medications

For when you're unsure if your mental health medications are right for you...

...get the right mental health treatment based on your genetic makeup from **SOLVD**.



HOW CAN SOLVD HELP?

- Analyzes your DNA with a pharmacogenomic (PGx) test by your doctor (simple cheek swab)
- Helps you understand how your genes affect your ability to metabolize and affect your reactions to specific medications



WHY SHOULD I USE IT?

- **No cost**
- Reduce trial and error
- Medications for anxiety, depression, and other mental health concerns can be more effective if they're matched to your genetic makeup
- Minimize risk of hospitalization, ER visits, and adverse drug reactions



HOW DO I GET STARTED?

- Have your doctor call Capital Blue Cross at **1-855-300-2273**  for assistance

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I need help with... common health issues



Do you feel like you have the flu, but you can't get to the doctor? Or need help figuring out if you have pink eye or just seasonal allergies? Weis Markets offers programs to help you find the right care for your common health issues.

VirtualCare & second opinions
Unexpected care needs

Urgent care/walk-in centers
Non-life-threatening issues

International medical care
Care when traveling abroad

Joint or back pain
Care from the comfort of your home

Women's health
Maternity and family support

Hypertension
101 Virtual pharmacist and dietitian support

Note: If you have an emergency, call 911, go to the emergency room, or visit an urgent care center. These resources are for common health issues only.

VirtualCare & second opinions

For when you can't get to the doctor's office or need a second opinion...

...get the care you need through **Capital Blue Cross** anytime, anywhere for non-emergency illnesses, such as the flu, pink eye, or strep throat.



HOW CAN VIRTUALCARE & SECOND OPINIONS HELP?

- Providers can diagnose and treat minor medical conditions
- Prescriptions can be sent straight to your pharmacy, if needed
- Services also include counseling, psychiatry, nutrition counseling, and more



WHY SHOULD I USE IT?

- Available 24/7, **365 days a year** from any device
- No appointment necessary
- Less costly than a trip to an urgent care or ER
- Doctors have an average of 15 years of experience
- Second opinion services are also available through the world-renowned Cleveland Clinic at no additional cost



HOW DO I GET STARTED?

- Visit virtualcarecbc.com 
- \$10 per virtual primary care medical visit
- For specialists, you pay 30% in the Silver Plan (or 25% in the Gold Plan) after the deductible

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Urgent care/walk-in centers

For when you experience a health concern that is urgent but not life threatening...

...get the same-day care you need with your **Capital Blue Cross** coverage without heading to the emergency room.



HOW CAN URGENT CARE/WALK-IN CENTERS HELP?

- Receive care for non-life-threatening issues, such as burns or animal bites
- You can get care when you need it without waiting for a visit with your primary doctor



WHY SHOULD I USE IT?

- Available seven days a week and in the evening hours
- No appointment necessary
- Avoid a trip to the emergency room if your issue is not life threatening



HOW DO I GET STARTED?

- Log in to your secure account at capbluecross.com/finder and use the MyCare Finder tool

Right care, right place, right price

VirtualCare

24/7/365 care for non-urgent, minor conditions

\$

Primary care provider (PCP)

Care by appointment for non-urgent conditions

\$\$

Urgent care/walk-in centers

Flexible care for unexpected, urgent but not life-threatening needs

\$\$\$

Emergency room

24/7/365 care for serious, life-threatening concerns

\$\$\$\$

International medical care

For when you experience a health concern while traveling abroad...

...get the care you need with your **Global Core** coverage through Capital BlueCross.



HOW CAN INTERNATIONAL COVERAGE HELP?

- Get access to doctors, hospitals, and support when traveling abroad.



WHY SHOULD I USE IT?

- Locate doctors and hospitals abroad when you need medical care.
- Arrange for direct payment in advance for any inpatient care needed.



WHO DO I CONTACT?

- Call the BCBS Global Core Service Center at 1.800.810.2583 / 1.877.547.2903 or collect at 1.804.673.1177
- Visit bcbsglobalcore.com
- For prior authorization, call the number on the back of your ID card

If you want a comprehensive international travel medical insurance plan, you can purchase an individual policy through GeoBlue at geoblue.travelinsurance.com.

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Joint or back pain - New as of March 1, 2025!

For when you're dealing with joint pain, muscle pain, or restrictions in movement due to a musculoskeletal condition...

...get one-on-one video visits from **Sword** to evaluate and treat pain and learn how to avoid it in the future.



HOW CAN SWORD HELP?

- Get matched with a licensed Doctor of Physical Therapy (DPT) who will create a personalized care plan for you.
- Follow your care plan through a video on a Sword-provided tablet. Exercises are adjusted based on real time data to ensure accuracy and safety.



WHY SHOULD I USE IT?

- Reduce risk of surgery and hours spent away from living life due to pain
- Correct form in real time for optimal recovery



HOW DO I GET STARTED?

- Visit swordhealth.com,  call 1-888-492-1860 , or download the **Sword Health app** for more information



You can also use Sword Health for digital pelvic health care related to pregnancy, postpartum, menopause, bladder and bowel dysfunctions, sexual health, and pelvic floor disorders.

Women's health

For when you need maternity and family support...

...access one-on-one support through **Ovia**.



HOW CAN OVIA HELP?

- 1:1 coaching services for baby sleep, breastfeeding support, return-to-work preparation, and more
- A pregnancy calendar with daily baby updates
- A child development checklist
- Personalized health programs for fertility, pregnancy, parenting, and menopause
- LGBTQ+ family building support



WHY SHOULD I USE IT?

- **No cost**
- Convenient digital resources
- Access to concierge support from family health experts seven days a week with unlimited sessions



HOW DO I GET STARTED?

- Visit capbluecross.com 

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High Blood Pressure 101

For when you're dealing with high blood pressure issues...

...receive virtual support from the **LiveWell with Hypertension Program**.



HOW CAN THE LIVEWELL WITH HYPERTENSION PROGRAM HELP?

- Virtual program to help associates with high blood pressure control and naturally reduce blood pressure levels
- Support and guidance from a Weis Dietitian and Weis Pharmacist
- Attend six 30-minute classes and four 15-minute check-in calls over a three-month period
- Cover topics such as proper usage of a blood pressure monitor, medication management, and nutrition guidance



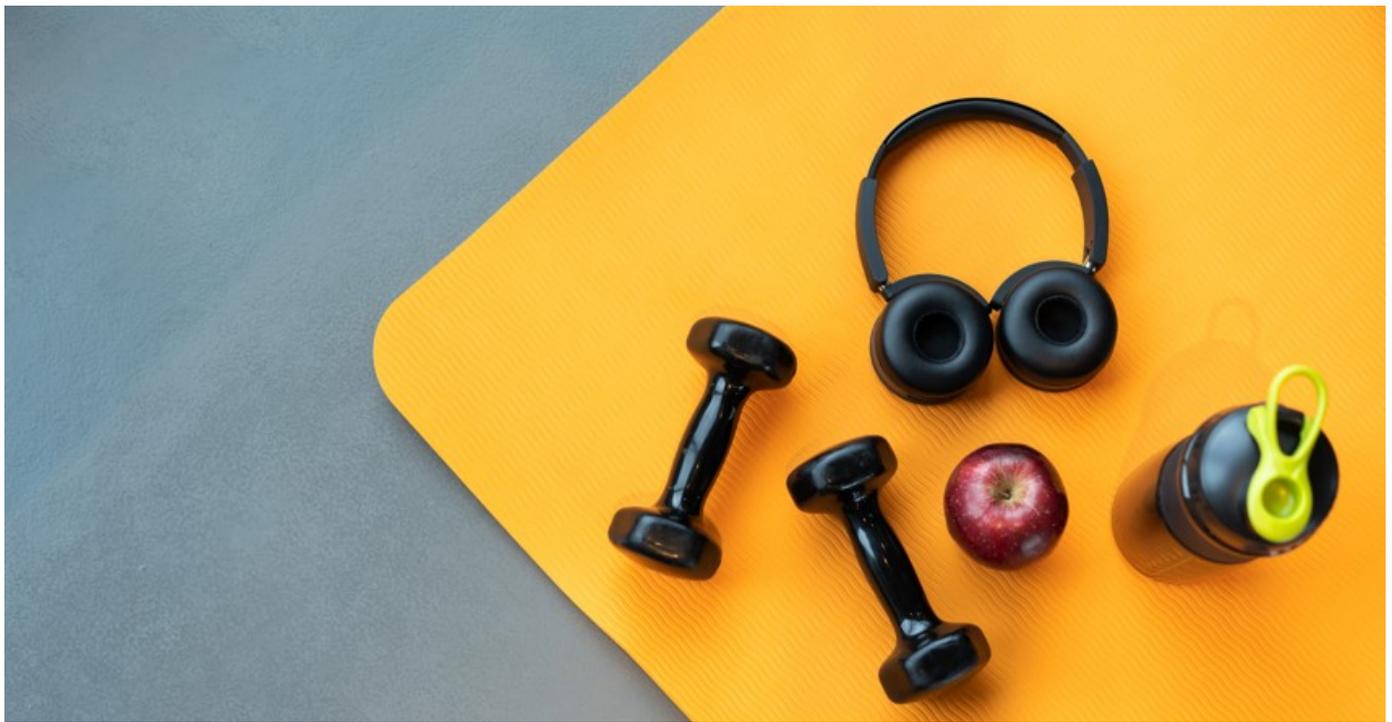
WHY SHOULD I USE IT?

- **No cost**
- 24/7 virtual support
- Classes can be viewed on paid time with manager approval
- When you complete the program, you're entered into a **raffle for one day of vacation time!**



HOW DO I GET STARTED?

- To enroll, email livewell@weismarkets.com
- Enrollment occurs a few times a year, so keep an eye out for more information
- Once eligibility is confirmed by the LiveWell Team, you will receive a link to create an account in Healthie to access the program



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I need help with... surgery or major medical care



When you're in need of complex medical care such as a knee replacement or an organ transplant, find the providers who have the expertise to provide you with quality care at the right price.

Case management
Guidance to manage your condition

Preauthorization
Avoid surprise costs

Surgery and specialty care
Lower cost, better results

Serious or rare health conditions
Care from industry-leading providers

Note: Most doctors will handle preauthorization for you, but if you're using an out-of-network doctor, it doesn't hurt to check.

Case management

For when you're in need of complex care and aren't sure where to start...

...Case Managers through **Capital Blue Cross** guide you to the right care.



HOW CAN CASE MANAGEMENT HELP?

- If you have a complex medical situation, a Case Manager will be assigned to help you manage the health condition or understand treatment options



WHY SHOULD I USE IT?

- **No cost** to those enrolled in medical coverage
- Improve your health
- Case Managers will automatically reach out to you



HOW DO I GET STARTED?

- Case Managers will reach out to you directly via a phone call following your complex care or surgery. Weis recommends you accept this call.
- You can also call Capital Blue Cross Case Management at 1-888-545-4512  if you need complex care and a Case Manager hasn't reached out to you.

Preauthorization

For when your condition requires medical services...

...be sure to get a preauthorization letter from **Capital Blue Cross** first to ensure proper coverage. In-network doctors will preauthorize your services beforehand. If you use an out-of-network provider, be sure to confirm.*



KNOW BEFORE YOU GO: EXAMPLES OF SERVICES THAT REQUIRE PREAUTHORIZATION* TO ENSURE COVERAGE

- | | | |
|--|--|--|
| • Diagnostic services | • Inpatient admissions | • Select outpatient behavioral health services |
| • Durable medical equipment | • Medical injectables | • Therapy services |
| • Investigational and new procedures and pharmaceuticals | • Office and outpatient surgeries | • Transplants |
| | • Reconstructive and cosmetic services | |

* Call **1-800-471-2242** for questions on preauthorization.

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Surgery and specialty care

For when you need certain medical procedures...

...receive specialty care at a lower cost when you go to a **Blue Distinction Center**.



HOW CAN BLUE DISTINCTION CENTERS HELP?

- Health care facilities and providers deliver specialty care for hip/knee replacements, bariatric surgery, spine surgery, transplants, and more



WHY SHOULD I USE IT?

- Lower cost
- Better patient results
- Get care from a provider with expertise in a specific area



HOW DO I GET STARTED?

- Call Capital Blue Cross at **1-855-300-2273**
- Remember to get preauthorization for procedures to minimize surprise costs by calling **800-471-2242**

Serious or specialized health conditions

For when you need major medical treatment...

...receive care from high-quality medical providers through **Accarent**. Separate from Capital BlueCross, Accarent is an e-commerce marketplace for comparison shopping of bundle-priced medical procedures at Johns Hopkins Hospital and other select academic medical centers and top rated hospitals.



HOW CAN ACCARENT HELP?

- Simplify the evaluation and comparison of healthcare quality and costs
- Get care from industry-leading health care providers for all specialties shown below
- Get guidance on choosing a treatment option or confirming a diagnosis



WHY SHOULD I USE IT?

- No out-of-pocket costs to you (copay or coinsurance)
- Gain confidence to get the best care from industry-leading centers and providers
- Direct contact with dedicated care team
- Care team will facilitate your transfer back to your primary physician or local in-network provider, confirm eligibility, carry out registration, and provide travel and lodging assistance



HOW DO I GET STARTED?

- Call Accarent directly at **1-866-771-0697**
- Or, email their team at casemanagement@accarenthealth.com who will contact the care team for you, obtain pricing and information, help schedule a consultation, and continue supporting your care journey



ABDOMINAL



BIARIATRIC SURGERY



BEHAVIORAL HEALTH



CARDIOVASCULAR



COMPLEX CANCER



EAR, NOSE AND THROAT



EXECUTIVE HEALTH



GASTROENTEROLOGY



GENE THERAPY



NEUROSURGERY



OPHTHALMOLOGY



ORTHOPEDIC



SPINE SURGERY



THYROID & PARATHYROID



TRANSPLANT



VIRTUAL



WOMEN'S HEALTH

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I need help with... managing or preventing diabetes



Are you looking to manage, prevent, or even reverse diabetes? Weis Markets offers programs to help you create and maintain healthy habits and routines that will help you improve your health.

Diabetes 101
For associates with diabetes

Prevention and treatment support
For associates with prediabetes or diabetes

Type 2 diabetes reversal
Personalized care to reverse Type 2 diabetes

Diabetes 101

For when you've been diagnosed with diabetes...

...get virtual support through the **LiveWell with Diabetes Associate Program**.



HOW CAN THE LIVEWELL WITH DIABETES ASSOCIATE PROGRAM HELP?

- Virtual program to help associates with diabetes and pre-diabetes manage their health and naturally reduce blood sugar and A1C levels
- Seven 30-minute classes and four 15-minute check-in calls over a three-month period
- Cover topics such as medication management, nutrition for blood sugar management, reducing risks, and being active
- Support and guidance from a Weis Dietitian and Weis Pharmacist



WHY SHOULD I USE IT?

- **No cost**
- 24/7 support
- Classes can be viewed on paid time with manager approval
- Improve your healthy habits
- When you complete the program, you're entered into a **raffle for one day of vacation time!**



HOW DO I GET STARTED?

- To enroll, email livewell@weismarkets.com
- Enrollment occurs a few times a year, so keep an eye out for more information
- Once eligibility is confirmed by the LiveWell Team, you will receive a link to create an account in Healthie to access the program

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Prevention and treatment support

For when you're at risk for or have been diagnosed with diabetes...

...**Omada** provides virtual resources to help you create a plan for a healthier life.



HOW CAN OMADA HELP?

- Create a personal health plan with support from a professional health coach
- Connect devices and fitness trackers to your account
- Learn how to manage stress, create a fitness schedule, improve nutrition, and manage your weight
- Support from an online community



WHY SHOULD I USE IT?

- If you or your adult dependents are at risk for or have type 1 or 2 diabetes, **Capital Blue Cross will cover the entire membership cost**
- 24/7 support
- Individualized plans



HOW DO I GET STARTED?

- Visit capbluecross.com, select *Resources*, scroll down to Member resources, and select *Diabetes and pre-diabetes* at right, or click this link: [Capital Blue Cross diabetes programs](#)

Type 2 diabetes reversal

For when you've been diagnosed with Type 2 diabetes...

...receive personalized care from **Virta Health** to help you reverse it.



HOW CAN THE VIRTA HEALTH HELP?

- Receive personalized care to reverse Type 2 diabetes
- Lower blood sugar, decrease medications, reduce A1C levels, lose weight, and lower triglycerides with a research-backed approach



WHY SHOULD I USE IT?

- **No cost**
- One-on-one coaching
- Receive all the supplies you need for biomarker tracking, access to a private patient community, and curated recipes, food guides, and meal plans!



HOW DO I GET STARTED?

- Start the application process now to find out if you qualify
- Visit virtahealth.com/join/capitalbluecross



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Get in touch with the support you need



TIP: Save phone numbers in your phone **now** to be ready when you need them.

For help with...

	Phone number	Web or email address
Prevention and staying healthy		
<ul style="list-style-type: none"> Capital Blue Cross customer service Healthy Blue Rewards Preventive medical plan benefits Tobacco cessation 	1-855-300-2273 Mon. – Fri., 8 am to 6 pm ET, or leave a message after hours	capbluecross.com Note: For Healthy Blue Rewards, log in to your account, click <i>Wellness</i> , then <i>Healthy Blue Rewards</i> .
Weis Dietitians	N/A	weisdietitians@weismarkets.com weismarkets.com/nutrition
Common health issues		
VirtualCare & second opinions	1-833-433-5914	virtualcarecbc.com
Urgent care/walk-in centers	1-855-300-2273	capbluecross.com/Finder (use the MyCare Finder tool)
Joint or back pain	1-888-492-1860	swordhealth.com
Women's health	N/A	capbluecross.com
High Blood Pressure 101	1-610-821-1072	livewell@weismarkets.com
Mental health		
Employee Assistance Program (EAP)	1-833-812-5182	guidanceresources.com (company web ID: WEIS)
Virtual mental health visits	1-833-433-5914	virtualcarecbc.com
Mental health medications	1-855-300-2273	capbluecross.com
Surgery or major medical care		
Case management	1-888-545-4512	N/A
Preauthorization	1-800-471-2242	N/A
Surgery & specialty care	1-855-300-2273	N/A
Serious or rare health conditions	1-866-771-0697	casemanagement@accarenthealth.com
Managing or preventing diabetes		
Diabetes 101	1-610-821-1072	livewell@weismarkets.com
Prevention and treatment support	N/A	capbluecross.com (Resources > Member resources > Diabetes and pre-diabetes)
Type 2 diabetes reversal	N/A	virtahealth.com/join/capitalbluecross

Prevention
and staying
healthy →

Mental
health →

Common
health
issues →

Surgery or
major medical
care →

Diabetes →

Support
you need →

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