



## Don't forget your free perks

Below are some free or discounted perks that are offered to you through your carriers

### Blue Cross Blue Shield

Log onto their website [www.bcbsm.com](http://www.bcbsm.com) and create an account and have access to:

- Health Assessment
- Online Wellness Resources
- Case Management
- Complex Chronic Condition Management
- 24 Hour Nurse Line
- Blue 365 Discounts to gyms and retail stores
- Healthcare cost estimator

### HAP

Log onto their website at [www.hap.org](http://www.hap.org) and create an account and have access to:

- Video or phone consults with U.S. Board Certified Physicians for \$15. Visit [hap.amwell.com](http://hap.amwell.com) or download the Amwell app and **use service key HAPMI**
- Healthcare cost estimator
- Istrive wellness manager/tools - Download the App
- Tobacco Cessation
- 5k challenge, Lifestyle coaching
- Pregnancy Assistance
- Travel assistance
- ID Theft Protection
- Health & Wellness Discounts
- Chronic Condition Management
- Hearing Aid Discount

### NVA

EYEESSENTIAL Discount Plan – a low cost, member-friendly vision discount plan which includes significant discounts on materials through participating NVA network Eye Care Professionals. Members are eligible to access the EYEESSENTIAL Plan discounts, after they have exhausted their funded benefit, for additional purchase

- Hearing Aid Discount

### Dearborn National

- Beneficiary Resource Center – grief counseling, referrals and Support Services  
[www.beneficiaryresource.com](http://www.beneficiaryresource.com) (username is **Dearborn National**) to access
- Online Will Preparation
- Online Funeral planning
- Disability Resource Services – counseling and web-based resources for personal concerns/life issues and legal support. [www.guidanceresources.com](http://www.guidanceresources.com) (Company ID: **DNDRS**)
- Travel Resource Services – medical search and referral, medical evacuation, replacement medication and eyeglasses, dependent children assistance, emergency travel arrangements, emergency cash, locating lost or stolen items, legal assistance, interpretation/Translation. For more info call 877-715-2593

### HELPNET EAP

Helpnet is an employee assistance program that can offer help with the following:

- Marital and family issues
- Addictions
- Emotional problems
- Legal and financial concerns
- Aging Parents
- Stress, anxiety and depression
- Life enrichment techniques
- Relationships

For more information please call 800-969-6162

### U of M Credit Union

- Discounted tickets for Cedar Point and Renaissance Festival

Partnering with the carriers above, you'll find all sorts of resources and discounts to help keep you healthy, save you money and help you cope with the everyday stresses of life.