

Duanesburg CSD Employees and Retirees

Learn More About the Wellness Programs Available thru your Health Insurance Plan

Empire BCBS - www.empireblue.com

360° Health encompasses everything you need to help you live healthier is in one place - information, guidance and motivation, paired with one of the nation's broadest networks of health care professionals.

Improve Your Health with Innovative Tools & Resources:

Good information is key to making good choices. Let MyHealth@Empire be your online resource for member health and wellness information.

- My Health Assessment - the doorway to many 360° Health programs
- Your Personal Health Record - a private, secure service that can help you keep all your medical information in a central location that you can access anytime
- The Childhood Immunization Scheduler - projects your child's immunization schedule based on current clinical guidelines and their date of birth
- Conditions Centers - learn more about managing a medical condition including asthma, diabetes, heart failure, coronary artery disease (CAD) and chronic obstructive pulmonary disease (COPD).
- Anthem Care Comparison - view a side-by-side comparison of the costs for medical procedures at hospitals and other medical facilities in your area
- Online Communities - find support from others who may be going through similar experiences

Interactive tools are available that help you check your health status and learn what you can do to improve it. You can calculate your body mass index. Find the most up-to-date information on health topics and treatments. Take advantage of discounts and special offers. Call the AudioHealth Library to hear confidential, educational recordings that cover nearly 500 health topics.

Get Guidance from Experts:

A 24/7 NurseLine is available around the clock, staffed by nurses. They can assist you with general health and wellness questions and also provide educational information when you have potentially critical health concerns, to help you determine whether you should seek emergency care.