

ANNE ARUNDEL COUNTY PUBLIC SCHOOLS AACPS HEALTH RESOURCES

AACPS Wellness Office
410-222-5206
E-mail: benefits@aacps.org



AACPS Wellness Center page at www.aacps.org/staff/wellness for theme of the month, fitness center discounts and other links

CareFirst BlueCross Blue Shield (www.carefirst.com/aacps*), for all medical plans:

- ⇒ **My CareFirst Website** at www.carefirst.com/aacps includes on-line wellness centers, interactive tools such as risk assessments and trackers, wellness library, family health, support to lose weight or quit smoking, health discounts through Blue365.
- ⇒ **Health + Wellness – take charge** booklet contains preventive guidelines, physical activity suggestions, and information on good nutrition.
- ⇒ **Vitality** is a quarterly on-line member newsletter which contains health and wellness articles and recipes.
- ⇒ **Healthways Disease Management Program** (including diabetes, asthma, cardiovascular, cancer, back pain) - 800-783-4582.
- ⇒ **Healthy Pregnancy Webpage** carefirst.com/pregnancy for free, educational information and interactive tools.
- ⇒ **High-Risk Pregnancy Support** - 888-264-8648.
- ⇒ **FirstHelp line** 1-800-535-9700 available 24 hours a day.

CareFirst Assist 800-245-7013 (www.carefirst.com/doctor) for mental and behavioral health, for all medical plans: CareFirst members can also search for providers via the CareFirst app for mobile devices (search for “CareFirst” in your app store).

BHS (www.bhsonline.com) Employee Assistance Program, for all permanent employees and household members:

A free, confidential counseling and referral program for family, personal and work-related problems - up to six counseling sessions per person, per problem, per year. Call 800-327-2251 any time.

CareFirst BlueCross BlueShield (www.carefirst.com/aacps*), for Caremark prescription information:

Website includes drug and medical information, drug interactions, pricing tool, drug claims, and Primary/Preferred Drug List.

PHONE NUMBERS:

AACPS Wellness Office: 410-222-5206* www.aacps.org*
Fitness center discounts, monthly theme
Anne Arundel Medical Center: Nurse line 1-443-481-4000*
www.aahs.org/askaamc/*, www.aahs.org* click on
Classes. Discount on AAMC Energize! classes
Baltimore Washington Medical Center: www.umbwmc.org*
click on *Community*, then *Classes and Events* for
screenings/classes

HEALTH ONLINE (rated “excellent” by WebWatch):

Centers for Disease Control: www.cdc.gov
KidsHealth: www.kidshealth.org
Mayo Clinic: www.mayoclinic.com
MedicineNet: www.medicinenet.com
National Institutes of Health: www.nih.gov
WebMDHealth: www.webmd.com

*general information accessible to all employees