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# BLUEVISION<sup>SM</sup>

News for Employer Groups

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June 17, 2022 | [Health and Wellness](#)

News and Updates

## Reminder: Fitness Program Waives June Enrollment Fee for New Members

*Available to groups with the Fitness Program (included in the Well onTarget<sup>®</sup> program)*

**Don't miss out:** The Fitness Program is waiving the \$19 enrollment fee for eligible new members who join through June 30.

*Share the article and flier with employees.* Members can choose from four flexible gym options at different price points, access a nationwide network of facilities, and take live and digital classes. [The article and flier explain more about the promotion and how to join.](#)

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## Machine-Readable Files for Fully Insured Plans Posting July 1

*Applies to Fully Insured Groups*

The **Transparency in Coverage Final Rule** requires insurers and group health plans to publish machine-readable files starting July 1, 2022. These files include:

- In-network negotiated rates
- Billed and allowed amounts paid to out-of-network providers

**What you need to know:** Blue Cross and Blue Shield of Texas (BCBSTX) will post the machine-readable files for Fully Insured plans on July 1, 2022. You will find the files via a "Machine Readable Files for Transparency in Coverage" link on [bcbstx.com](http://bcbstx.com). The link will

appear in the “Policy Documents” section under “Member Services” starting July 1. This page also will include a User Guide for Fully Insured plans.

Machine-readable files will be posted for 2022 plan years starting on or before July 1, 2022, and then upon 2022 plan year renewal after July 1, 2022.

**Additional Information:** If you have any questions, please contact your BCBSTX representative or email [MRFinquiry@bcbstx.com](mailto:MRFinquiry@bcbstx.com).

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## **Provider Appeals Return to Normal Processing Timelines**

In 2020, the Department of Labor issued a notice to health plans and administrators that normal timely filing periods for appeals and external reviews would be extended through the National Emergency (COVID-19 pandemic). Since that time, BCBSTX has accepted appeals past the normal timely filing period but within the window of the National Emergency from both members and providers, even though provider appeals weren't required by the notice.

**What this means to you:** Effective Sept. 1, 2022, **provider-filed appeals will return to normal processing timelines.** We are **not making changes** to member and Member Authorized Representative-filed appeals at this time.

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Health and Wellness

## **Share Good Health for Summer with BlueResource<sup>SM</sup> Content**

***Download and share wellness materials with employees***

Our free health and wellness library is ready with healthy tips that can help your employees enjoy the summer.

**Content for July, August and September:** [Find featured materials to share with employees](#) on protecting skin from the sun, importance of vaccines and lung health.

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## Men: Give Yourself the Gift of Health

### *Articles you can share with employees*

**June is Men's Health Month.** Heart disease, cancer and diabetes are three top health problems for men. The good news? Many health conditions can be prevented or managed with the right care.

Self-care means seeing the doctor for checkups and when needed, getting recommended health screenings, eating right and getting regular exercise.

**Make health a priority.** Share this [healthy aging article](#) with employees. Here are [additional topics on men's health](#).



### **Get Fit, Stay Well with Blue365® Discounts**

Encourage your employees to use [Blue365 discounts](#) that can help them exercise, eat well and be healthy. They can **save money on fitness products and wellness services** not usually covered by their medical insurance.



Top national and local retailers offer **deals on gym shoes and workout apparel, wearables, healthy eating options** and more.


*Hearing services are provided by American Hearing Benefits, Beltone™, HearUSA and TruHearing®. Vision services are provided by ContactsDirect®, Croakies, Davis VisionSM, EyeMed Vision Care, Glasses.com, Jonathan Paul Fitovers and LasikPlus®.*

**bcbstx.com**



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