ID Protection Services

Blue Cross Blue Shield (BCBS) and MESSA have teamed up with AllClear ID to offer identity protection services, including identity repair and credit monitoring, at no cost.

Free, Automatic Coverage
AllClear Identity Repair is available to CMU employees and their adult dependents enrolled in the BCBS or MESSA medical coverage. There is no enrollment required for this protection.

No matter where or how identity theft occurs, AllClear Identity Repair provides access to services to recover financial losses and restore credit reports to pre-fraud status. The theft does not have to be related to health care coverage or services. With identity repair services, professionals help navigate the complicated process of identity repair.

Additional Protection is Available
For added protection, AllClear ID Credit Monitoring provides extra protection that specifically monitors new credit accounts opened in a person's name. When this occurs, AllClear ID sends alerts to the affected person so he or she can take action. AllClear Credit Monitoring is helpful if someone thinks his or her Social Security Number is at risk or has been compromised. This service includes:

- Credit monitoring
- $1M identity theft insurance policy
- Child identity protection for covered dependents under 18 years old

Enrollment for the additional protection is required. Coverage will be active throughout the calendar year. Each year, AllClear will send an email with steps to confirm continued eligibility for the service. For a list of frequently asked questions, visit bcbsm.allclearid.com/faq. Additional information and to enroll, go to:

BCBS: bcbsm.allclearid.com
MESSA: messa.org/AllClearID

Get Fit on a Budget – June 2018 Special Offer

Blue 365®, Blue Cross Blue Shield’s member discount program has teamed up with Fitness Your Way™ on a special fitness offer on gym memberships in the month of June. Fitness Your Way™ allows you access to multiple gyms in your area for one monthly fee. For the month of June, the $29 enrollment fee will be waived and you will pay $29 a month per person for access to more than 10,000 gyms nationwide. For more information on this offer, check out the promotional flyer or visit www.blue365deals.com/

Send the kids outside. The more time children spend outdoors, the more active they are, according to K-State’s David Dzewaltowski, professor of physical activity and public health. “It’s natural for most kids to move. That’s how they learn and how they develop,” he said. For outdoor play, provide small portable items such as balls and tricycles. Studies have found that this type of playground equipment promotes physical activity better than large stationary equipment such as jungle gyms and swing sets. Create a play environment where a child can use lots of muscle groups. Running, climbing, jumping, and hopping are large physical activity motions.

The CMU Health Care Committee meets monthly and collaborates with the university by providing suggestions, input and feedback about various initiatives pertaining to benefits and wellness. It is not a decision-making body; instead, members act as liaisons for their respective employee groups.