

How Can I Refer Clients or Learn More?

Contact your Blue Zones Health representative or have your clients visit bluezoneshealth.com/members to get started. We'll help your clients get connected to a provider and the programs that are right for them.

If you're a preferred broker, simply hand your client a Blue Zones Health referral card, include your information, and encourage them to reach out. From there, they can:

- Talk directly with a Well-Being Advisor who will guide them through next steps
- Learn about programs that match their interests, health goals, and coverage
- Connect with a Blue Zones Health provider contracted with their health plan

Reach Out to Us:

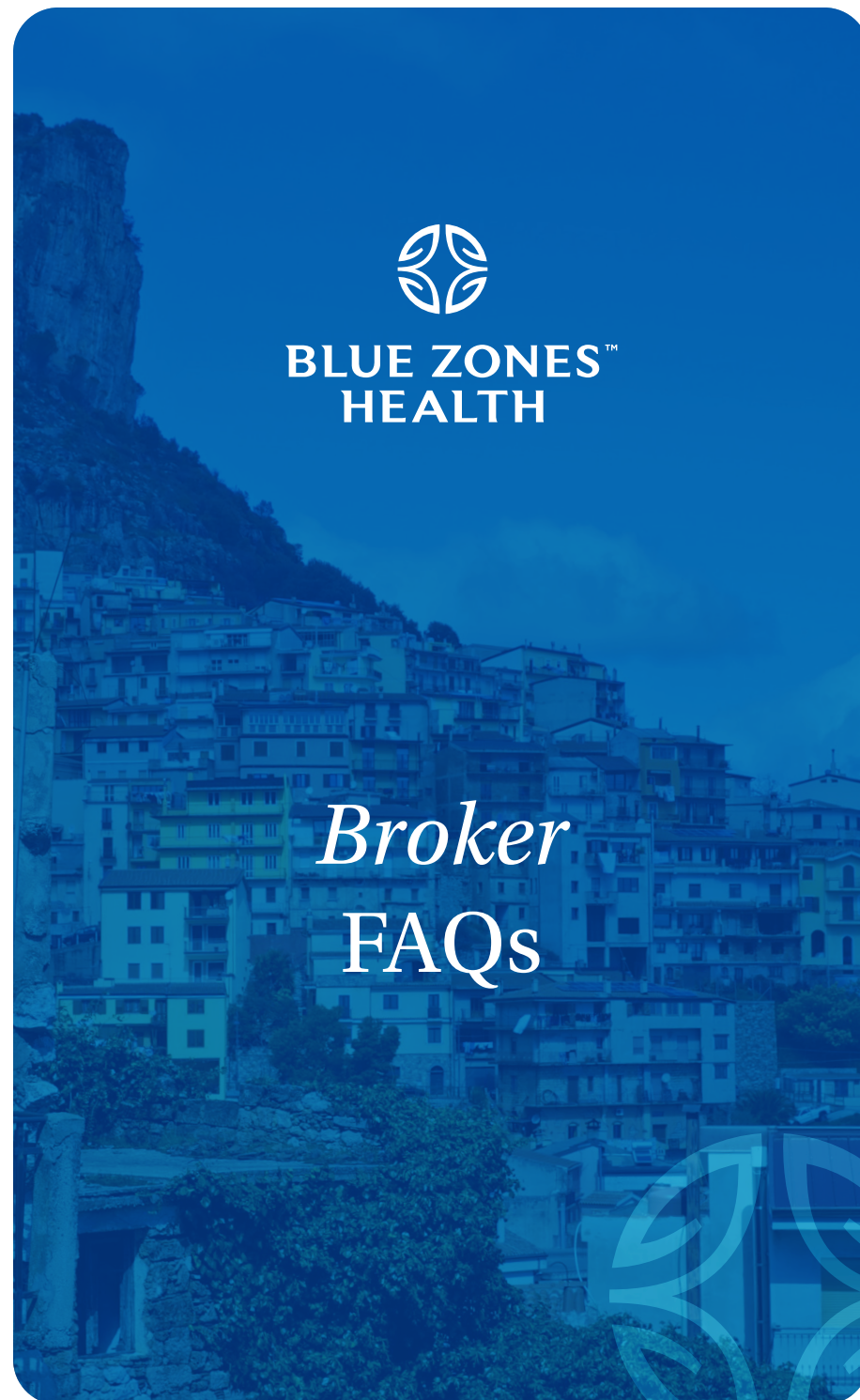
Blue Zones Health PHONE & TEXT: 213-868-2885

Blue Zones Health EMAIL: broker@bluezoneshealth.com

Blue Zones Health WEBSITE: bluezoneshealth.com

We're here to make the process simple and supportive—every step of the way.

To learn more about us,
attend a broker event in your area.
Go to bluezoneshealth.com/brokers
for our broker events calendar.



Q: Is Blue Zones™ Health an IPA?

A: Yes, we are an IPA, but we are also much more than your regular IPA. Blue Zones Health partners with primary care physicians, specialists, and health plans to enhance support for your clients. Through our RKK and IPA contracts, we receive full premium payments from health plans, enabling us to reinvest in our Medicare members and offer a broader range of services designed to help them live better, longer.™

Q: Who can use Blue Zones Health services?

A: We care for all populations, with a strong focus on supporting Medicare-eligible individuals. Blue Zones Health physicians are contracted with a wide range of health plans, giving your members the flexibility to choose coverage that best fits their medical and pharmacy needs. This ensures a smooth and simple transition to Blue Zones Health.

Q: Which health plans?



Q: What Makes Blue Zones Health Different?

A: We deliver better health outcomes and a higher quality of life for your clients by:

- Supporting the **whole person** to help them feel better, not just manage their conditions
- Reducing stress, improving energy, and **promoting overall well-being** through proven, practical approaches
- Making it easier for people to **follow through on their doctor's recommendations** by connecting them to health coaches, experts, and programs in their own communities
- Helping individuals **stay active, socially connected, and independent for longer**

Q: What types of community programs are offered?

A: Blue Zones Health offers a range of in-person and virtual programs that are fun, informative, and social.

- Cooking demos
- Walking Moais™ (walking groups)
- Gentle movement, mindfulness, and relaxation sessions
- Breathwork sessions
- Purpose workshops
- Doc Talks with local doctors

These programs promote well-being, provide social connection, and better overall health.

Q: What is a Well-Being Advisor?

A: Each Blue Zones Health member is matched with a Well-Being Advisor—a certified coach who will serve as a personal guide and advocate, connecting and checking in with them on a regular basis. Our Well-Being Advisors focus on establishing a trusted relationship with your client.

Q: What kind of expert support is available to my clients?

A: Your clients have access to a dedicated team of experts focused on improving overall well-being and helping them lead fuller, more independent lives. Referred by their primary care providers or specialists, this team offers personalized support across key areas of health:

- **Health Coaches** – Help clients stay on track with goals that support lasting improvements in their daily routines
- **Registered Dietitians** – Provide clear, practical nutrition guidance tailored to individual needs
- **Social Workers** – Support emotional health, life transitions, and stronger social connections
- **Physical Therapists (PTs)** – Work to boost mobility, build strength, and lower the risk of pain or injury
- **Occupational Therapists (OTs)** – Promote independence and aid in recovery from illness or injury

This wraparound support helps clients feel better, stay active and live with greater confidence and stability.

Q: How does this benefit my Medicare clients?

- A:**
- Improves health outcomes with fewer medications
 - Supports independence and quality of life
 - Helps clients feel cared for beyond the clinic
 - Strengthens social connection and emotional well-being
 - Works in tandem with traditional care—**not a replacement, but a powerful enhancement**

Q: What is the Brokers' Circle?

A: The Brokers' Circle is our Preferred Broker Program, designed to recognize and support brokers who actively promote Blue Zones Health and our mission.

Q: How Can I Join the Brokers' Circle?

A: Attend one of our broker events and take the Sapphire Pledge or ask your Blue Zones Health contact for more information.