



## EveryMove 100 Health Insurance Index® October to December 2013

The EveryMove 100 Health Insurance Index® measures how well a health insurance company empowers individuals to improve their health. Insurance companies are ranked by their ability to engage consumers in wellness conversations, the accessibility of their information and support, and the impact of its community involvement efforts.

Rank	Name	Overall Score			
1	CareFirst	73.4	34	MVP Health Care	64.0
2	Premiera Blue Cross	72.7	35	Kaiser Mid-Atlantic	63.9
3	Humana	72.5	36	Amerigroup	63.9
4	Anthem Blue Cross Blue Shield	72.2	37	BlueShield of Northeastern New York	63.8
5	Kaiser Permanente of California	72.1	38	Wellmark Blue Cross and Blue Shield	63.6
6	Blue Cross and Blue Shield of North Carolina	71.7	39	Kaiser Permanente of HI	63.3
7	CIGNA	71.5	40	Kaiser Permanente GA	63.2
8	Florida Blue	71.3	41	Health New England, Inc.	62.3
9	BlueCross BlueShield of Tennessee	71.0	42	Physicians Plus	61.9
10	Independence Blue Cross	70.6	43	Kaiser Foundation Health Plan of the NW	61.9
11	Anthem Blue Cross of California	69.6	44	Priority Health	61.8
12	Capital District Physicians' Health Plan	69.0	45	Empire Blue Cross Blue Shield	61.7
13	Capital Blue Cross	68.9	46	Blue Cross and Blue Shield of Louisiana	60.8
14	Blue Cross and Blue Shield of Illinois	68.8	47	HMSA	60.1
15	Blue Cross and Blue Shield of Arizona	68.6	48	Arkansas Blue Cross and Blue Shield	59.5
16	LifeWise Health Plan of Washington	67.9	49	Hometown Health Plan	59.2
17	Group Health Cooperative	67.8	50	AARP	58.3
18	Blue Cross and Blue Shield of Texas	67.8	51	Blue Cross and Blue Shield of Alabama	58.3
19	Aetna	67.6	52	Alliant Health Plans, Inc.	58.0
20	BlueCross and BlueShield of Oklahoma	67.1	53	Blue Cross of Idaho	57.3
21	Blue Cross Blue Shield of Western New York	66.8	54	Blue Cross and Blue Shield of Kansas City	57.1
22	LifeWise Health Plan of Oregon	66.4	55	Blue Cross Blue Shield of Michigan	56.9
23	UnitedHealthcare	65.9	56	Providence Health Plan	56.8
24	Health Net, Inc.	65.7	57	Healthfirst, Inc.	56.7
25	Horizon Blue Cross Blue Shield of New Jersey	65.6	58	Blue Cross and Blue Shield of Kansas	56.4
26	Blue Cross and Blue Shield of Nebraska	65.4	59	TRICARE	56.1
27	Medical Mutual	65.1	60	Blue Shield of California	55.4
28	Health Alliance Plan of Michigan	64.9	61	Optima Health	55.2
29	Blue Cross Blue Shield of Georgia	64.8	62	Banner Health	54.9
30	Keystone HMO	64.5	63	UniCare	54.0
31	Blue Cross and Blue Shield of New Mexico	64.4	64	Regence BlueCross BlueShield of Oregon	53.8
32	Blue Cross Blue Shield of Massachusetts	64.3	65	Regence BlueCross BlueShield of Utah	53.8
33	Avera Health Plans	64.1	66	Tufts Health Plan	53.7



67	Community First Health Plans	52.8
68	Molina Healthcare	52.8
69	SelectHealth	52.7
70	Regence BlueShield of Idaho	52.5
71	HealthPartners	52.4
72	Kaiser Permanente of Ohio	52.3
73	Government Employees Health Association	52.3
74	Medica Health Plans	52.3
75	Harvard Pilgrim Health Care, Inc.	52.3
76	Regence BlueShield of Washington	52.1
77	Kaiser Permanente CO	52.1
78	OSF HealthCare	52.1
79	MetroPlus Health Plan, Inc.	51.9
80	Blue Cross and Blue Shield of Montana	51.8
81	Unity Health Plan	51.6
82	Hudson Health Plan	51.6
83	AmeriHealth	51.4
84	Dean Health Plan	51.1
85	Fidelis Care	51.1
86	Capital Blue Cross - CareConnect	51.1
87	Contra Costa Health Services	50.8
88	Coventry	50.7
89	PacificSource Health Plans	50.0
90	Scott & White Health Plan	50.0
91	Blue Cross Blue Shield of North Dakota	49.9
92	Vantage Health Plan, Inc.	49.8
93	Blue Cross and Blue Shield of Minnesota	49.7
94	Network Health	49.6
95	Blue Cross and Blue Shield of Vermont	49.5
96	Affinity Health Plan	49.5
97	Rocky Mountain Health Plans	49.2
98	AvMed Health Plans	48.9
99	Highmark Blue Cross Blue Shield	48.9
100	CentraCare Health	48.9

## About EveryMove

EveryMove is changing the way companies and communities recognize and reward active individuals. We support hundreds of different physical activities and integrate with more fitness-tracking apps and devices than anyone else. Our patent-pending actuarially-based points system awards points based on an activity's long-term health impact so consumers can compare and get rewarded from retailers, employers and health plans which can also sponsor challenges and activity-focused campaigns to supplement their marketing and member engagement.

Join the EveryMove movement at  
[www.everymove.org](http://www.everymove.org)

## Contact Us

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