



All about the Fitness Program

HealthSelect of Texas[®]

CONSUMER DIRECTED
HealthSelectSM



BlueCross BlueShield
of Texas



Before you start...

Talk to your primary care provider (PCP) about:

- Starting an exercise program
- Reviewing your annual check-up results
- Exercise guidelines



Source: National Institutes of Health



Fitness Program

Nationwide network of fitness centers

- No contract required
- Earn Blue PointsSM

Digital Only

\$10 Monthly fee
Digital Access Only

Base

\$19 Monthly fee
Network Size: 3,000

Core

\$29 Monthly fee
Network Size: 7,500

Power

\$39 Monthly fee
Network Size: 12,000

Elite

\$99 Monthly fee
Network Size: 12,400





Fitness Program Package Details

	Features	Fitness Program Package				
Price	Enrollment Fee	\$0	\$19			
	Monthly Fee (plus tax)	Online	Base	Core	Power	Elite
		\$10	\$19	\$29	\$39	\$99
	Gym Facilities Network Size	Base	Base	Core	Power	Elite
		Online	3,000	7,500	12,000	12,400
Experience	Mobile App	Yes				



Fitness Program Additional Benefits

Alternative Medicine Discounts on:

- Acupuncture
- Massages
- Childbirth Educators
- Personal Trainers



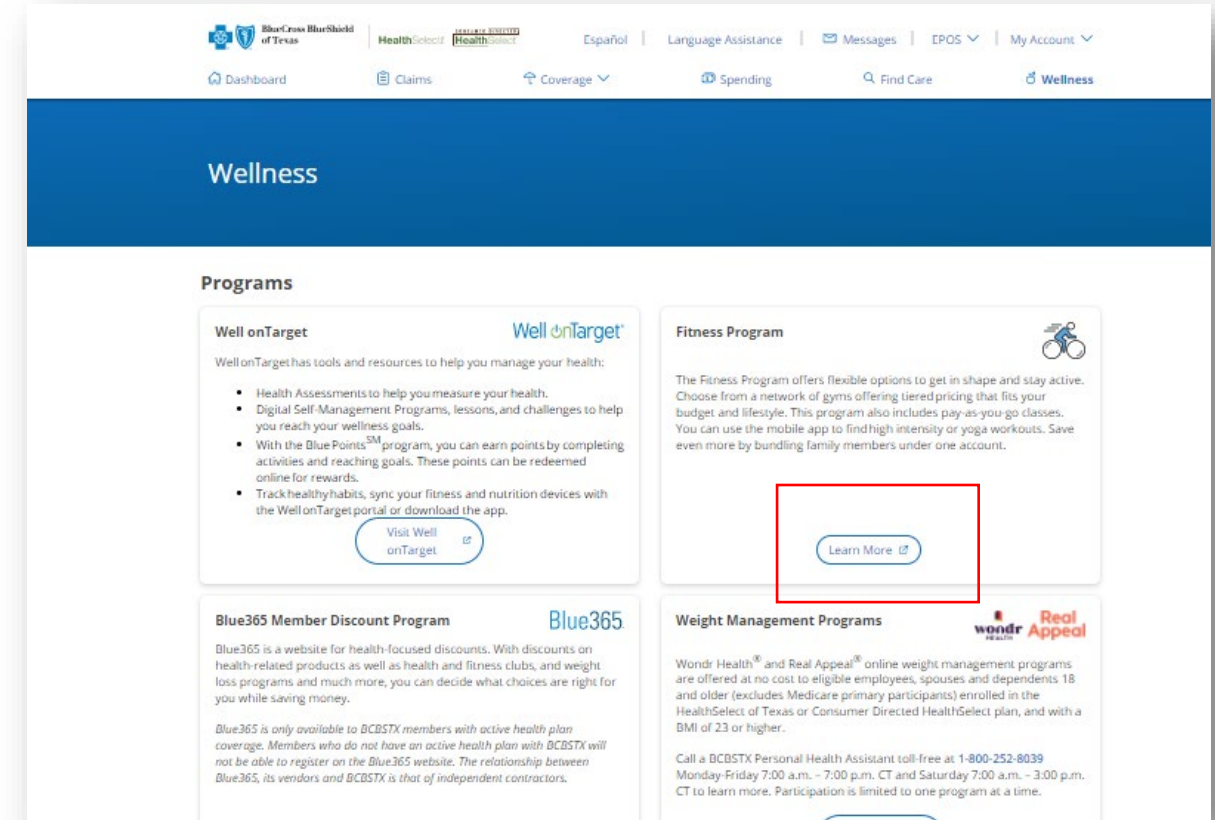
How to Enroll in the Fitness Program

To Enroll:

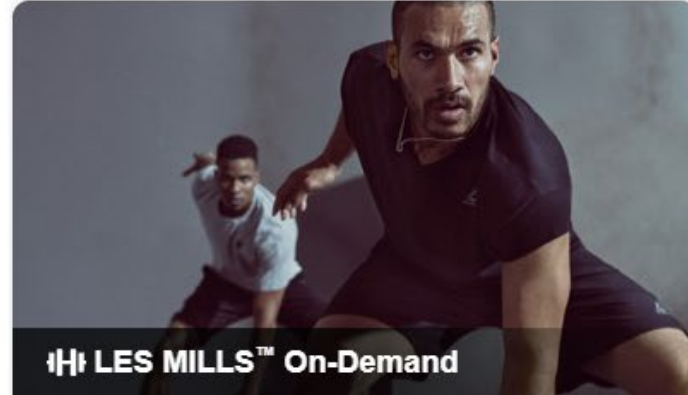
- Log into Blue Access for MembersSM, click on “Wellness” and then “Learn More” under Fitness Program

Or

- Call the Fitness Program toll-free: (888) 762-BLUE (2583) (TTY: 711)



Fitness Program Digital Options



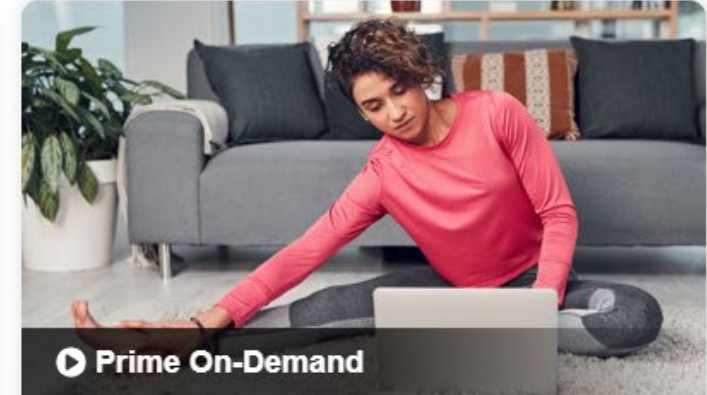
Now get access to LES MILLS™ On-Demand workouts! Choose from thousands of exclusive workouts led by world-class instructors to motivate and push you each step of the way.

[Explore Les Mills](#)



Your subscription comes with access to BurnAlong. Register your account to get instant access to thousands of online classes through the website or mobile app today!

[Explore BurnAlong](#)



Enjoy 24/7 access to On-Demand videos. There are options for all levels, from beginner workouts, to yoga, to advanced strength training.

[View On-Demand Videos](#)

To Access:

- Log into Blue Access for Members, click on “*Wellness*” and then “*Learn More*” under Fitness Program
- Or**
- Download the Well onTarget® Fitness Program App

Fitness Program Access

Find a gym by you:

1. Log into Blue Access for Members on **www.healthselectoftexas.com**.
2. Click on “*Wellness*” tab at the top of the screen and then click “*Learn More*” under Fitness Program.
3. Search by zip code under each tier to see what gyms are nearby.

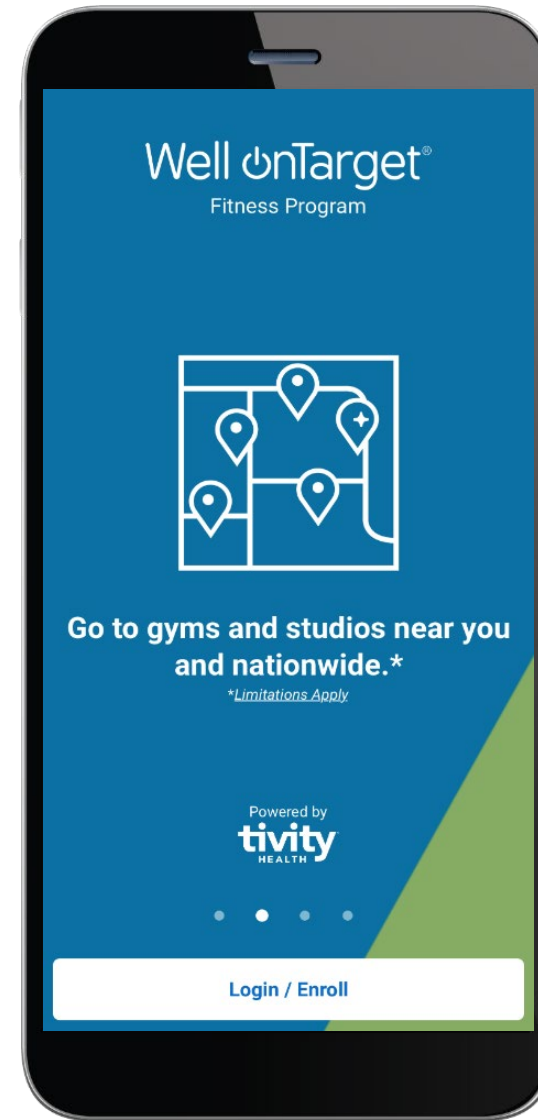
The screenshot displays the 'Well onTarget' website interface. At the top, there are navigation links: 'My Account', 'Learn More', 'Locations', 'FAQs', and an 'Enroll Now >' button. Below the navigation bar is a search bar with the placeholder text 'Search by address, city, or zip code'. Underneath the search bar, there are tabs for 'GYMS' and 'STUDIOS'. The 'GYMS' tab is selected, and below it are sub-tabs for 'BASE', 'CORE', 'POWER', and 'ELITE'. The 'ELITE' sub-tab is selected. The main content area shows a map of Austin, TX, with several gym locations marked with blue pins. A pop-up window for the 'ELITE' tier shows the zip code '12371' and the text 'GYMS NATIONWIDE' with a 'Select Package' button. On the left side of the map, there is a list of gym locations with their addresses and distances from the user's location.

Gym Name	Address	Distance
Life Time - Austin Downtown	907 W 5th St 201 Austin, TX 78703	3.43 Miles
Life Time - Austin - North	13725 Ranch Road 620 N Austin, TX 78717	10.43 Miles
Anytime Fitness - Austin, TX 111	2525 W. Anderson Lane Austin, TX 78757	1.47 Miles
Planet Fitness - Austin (W. Anderson Ln.)	1100 W. Anderson Ln. Austin, TX 78757	1.48 Miles



Well onTarget Fitness Program App

- Find nearby gym locations
- Access virtual fitness classes
- Check in and log your workouts
- Access physical activity history



Blue Points through Well onTarget

Activities that earn points:

- Joining the Fitness Program
- Gym visits
- Health Assessment completion
- Self-Management Program participation
- Synching fitness device or app

Earn instant recognition and rewards with Blue Points

The screenshot shows the 'Wellness' section of the BlueCross BlueShield of Texas HealthSelect website. The header includes the BlueCross BlueShield of Texas logo, 'HealthSelect', and navigation links for 'Español', 'Language Assistance', 'Messages', 'EPOS', and 'My Account'. Below the header is a blue bar with the word 'Wellness'. The main content area is titled 'Programs' and features four program cards: 'Well onTarget', 'Fitness Program', 'Blue365 Member Discount Program', and 'Weight Management Programs'. Each card provides a brief description of the program and a link to learn more or visit the program's website.

Well onTarget

Well onTarget has tools and resources to help you manage your health:

- Health Assessments to help you measure your health.
- Digital Self-Management Programs, lessons, and challenges to help you reach your wellness goals.
- With the BluePointsSM program, you can earn points by completing activities and reaching goals. These points can be redeemed online for rewards.
- Track healthy habits, sync your fitness and nutrition devices with the Well onTarget portal or download the app.

[Visit Well onTarget](#)

Fitness Program

The Fitness Program offers flexible options to get in shape and stay active. Choose from a network of gyms offering tiered pricing that fits your budget and lifestyle. This program also includes pay-as-you-go classes. You can use the mobile app to find high intensity or yoga workouts. Save even more by bundling family members under one account.

[Learn More](#)

Blue365 Member Discount Program

Blue365 is a website for health-focused discounts. With discounts on health-related products as well as health and fitness clubs, and weight loss programs and much more, you can decide what choices are right for you while saving money.

Blue365 is only available to BCBSTX members with active health plan coverage. Members who do not have an active health plan with BCBSTX will not be able to register on the Blue365 website. The relationship between Blue365, its vendors and BCBSTX is that of independent contractors.

Weight Management Programs

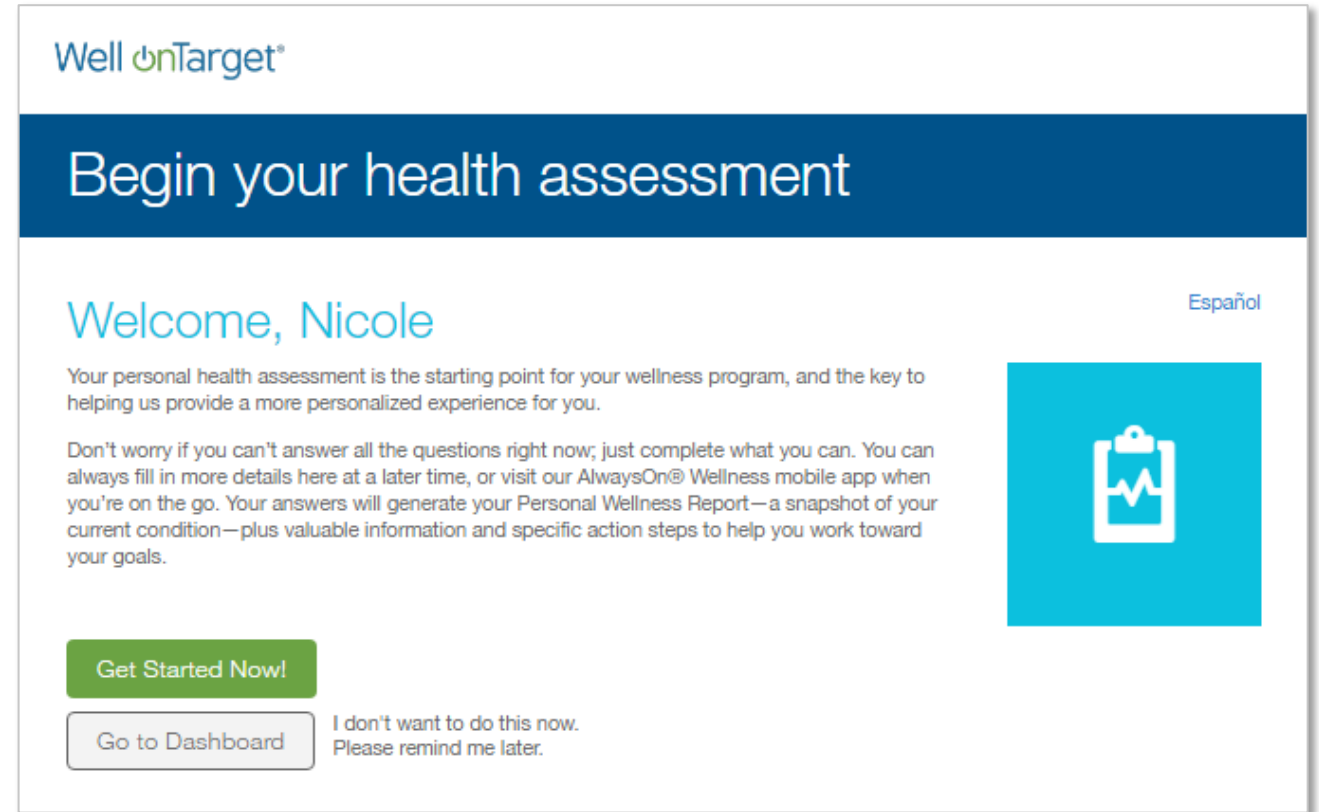
Wondr Health[®] and Real Appeal[®] online weight management programs are offered at no cost to eligible employees, spouses and dependents 18 and older (excludes Medicare primary participants) enrolled in the HealthSelect of Texas or Consumer Directed HealthSelect plan, and with a BMI of 23 or higher.

Call a BCBSTX Personal Health Assistant toll-free at 1-800-252-8039 Monday-Friday 7:00 a.m. - 7:00 p.m. CT and Saturday 7:00 a.m. - 3:00 p.m. CT to learn more. Participation is limited to one program at a time.

Health Assessment

A confidential lifestyle questionnaire that generates personal wellness report.

- Provides guidance for your fitness goals
- Meets agency Health Assessment requirements
- Earn 2,500 Blue Points twice each year



The screenshot shows the 'Well onTarget' health assessment landing page. At the top, the 'Well onTarget' logo is displayed. Below it, a dark blue banner contains the text 'Begin your health assessment'. The main content area features a personalized welcome message: 'Welcome, Nicole'. To the right of this message is a link for 'Español'. Below the welcome message, there is a paragraph explaining that the personal health assessment is the starting point for the wellness program and the key to a more personalized experience. A second paragraph reassures the user that they don't need to answer all questions immediately, encouraging them to complete what they can now and return later. To the right of this text is a blue square icon with a white clipboard and a pulse line. At the bottom, there are two buttons: a green 'Get Started Now!' button and a grey 'Go to Dashboard' button. To the right of the 'Go to Dashboard' button is a link that says 'I don't want to do this now. Please remind me later.'



BCBSTX Personal Health Assistants

BCBSTX Personal Health Assistants can:

- Answer questions about your HealthSelectSM benefits
- Connect you to other useful health and wellness resources

Call toll-free: (800) 252-8039 (TTY: 711)
Monday–Friday: 7 a.m. - 7 p.m.
Saturday: 7 a.m. - 3 p.m. CT



Thank you

Disclosures

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas® and Consumer Directed HealthSelectSM.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget® Member Wellness Portal at wellontarget.com for further information.

Onmyway and the AlwaysOn App are owned and operated by Onlife Health. Onlife is an independent company that provides health assessments for BCBSTX.

The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

The Fitness Program and its discounts on alternative medicine and services are provided through BCBSTX to HealthSelect of Texas® participants. The program and its discounts are not covered health services under the HealthSelect of Texas plan. Please refer to your Master Benefits Plan Document or call a BCBSTX Personal Health Assistant toll-free at (800) 252-8039 for specific information about your plan's covered benefits. Use of the Fitness Program does not affect your health insurance premium, nor do costs of Fitness Program services or products count toward your calendar year or lifetime maximums and/or plan deductibles. Members are responsible for all fees, dues, taxes and other charges related to the Fitness Program. Refer to the program terms and conditions for further details. BCBSTX does not guarantee or make any claims or recommendations regarding the services or products offered under the Fitness Program. You may want to consult with your physician prior to use of these services and products. BCBSTX reserves the right to discontinue or change this discount program at any time without notice.