



JOURNEY TO WELLNESS

Free wellness resources available to you and your dependents



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

HealthSelect[®]
of Texas

CONSUMER DIRECTED
HealthSelect[™]



BlueCross BlueShield
of Texas



Presentation Overview

- Buena Vida well-being program
- Fitness Program
- Condition management programs





- Buena Vida: Online program to help you take control of your well-being and achieve what matters most to you
 - Connect with all your health and well-being benefits in one place
 - Learn about your overall health
 - Track progress toward personal goals
 - Join statewide fitness challenges
 - Connect with your coworkers
 - Earn rewards when you complete healthy activities
 -



Scan the QR code to learn more.





Well onTarget Fitness Program

MEMBERSHIP TIER	DIGITAL	BASE	CORE	POWER	ELITE	PRO	SIGNATURE	PREMIER
Per Month Rate	\$10	\$19	\$29	\$39	\$129	\$159	\$199	\$239
Access To Digital Fitness	X	X	X	X	X	X	X	X
Unlimited Access to Base Gyms		X	X	X	X	X	X	X
Unlimited Access to Core Gyms			X	X	X	X	X	X
Unlimited Access to Power Gyms				X	X	X	X	X
Access To One Elite Home Plus Unlimited Access To Lower Tier Gyms					X			
Access To One Pro Home Gym Plus Unlimited Access To Lower Tier Gyms						X		
Access To One Signature Home Gym Plus Unlimited Access To Lower Tier Gyms							X	
Access To One Premier Home Gym Plus Unlimited Access To Lower Tier Gyms								X

Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

Scan the QR code
to learn more.





Virtual Communities

Fitness Connect Community

Join BCBSTX and other Texas state employees to talk about fitness topics and share successes and challenges. These monthly 15-minute sessions can help you get fit and stay healthy.

Nutrition Connect Community

Healthy eating is key to a healthy life. Learn how to incorporate foods that support your optimal health into your daily routine. Connect with other participants and share your experiences.



ERS Wellness Resources

ERS Wellness Events Calendar



<https://ers.texas.gov/Event-Calendars/Wellness-Events>

Sign up for the Buena Vida Bulletin



https://service.govdelivery.com/accounts/TXERS/subscriber/new?topic_id=TXERS_54

The Buena Vida Podcast



<https://erswalkandtalk.buzzsprout.com/>



ERS Community Challenge and Wellness Program

Get Fit Texas! Challenge

Join a 10-week agency-to-agency activity competition open to all state employees.



<https://getfittexas.org/>

Work Well Texas!

Access resources and guidance on creating a foundation of effective wellness programs.



<https://wellness.texas.gov/>

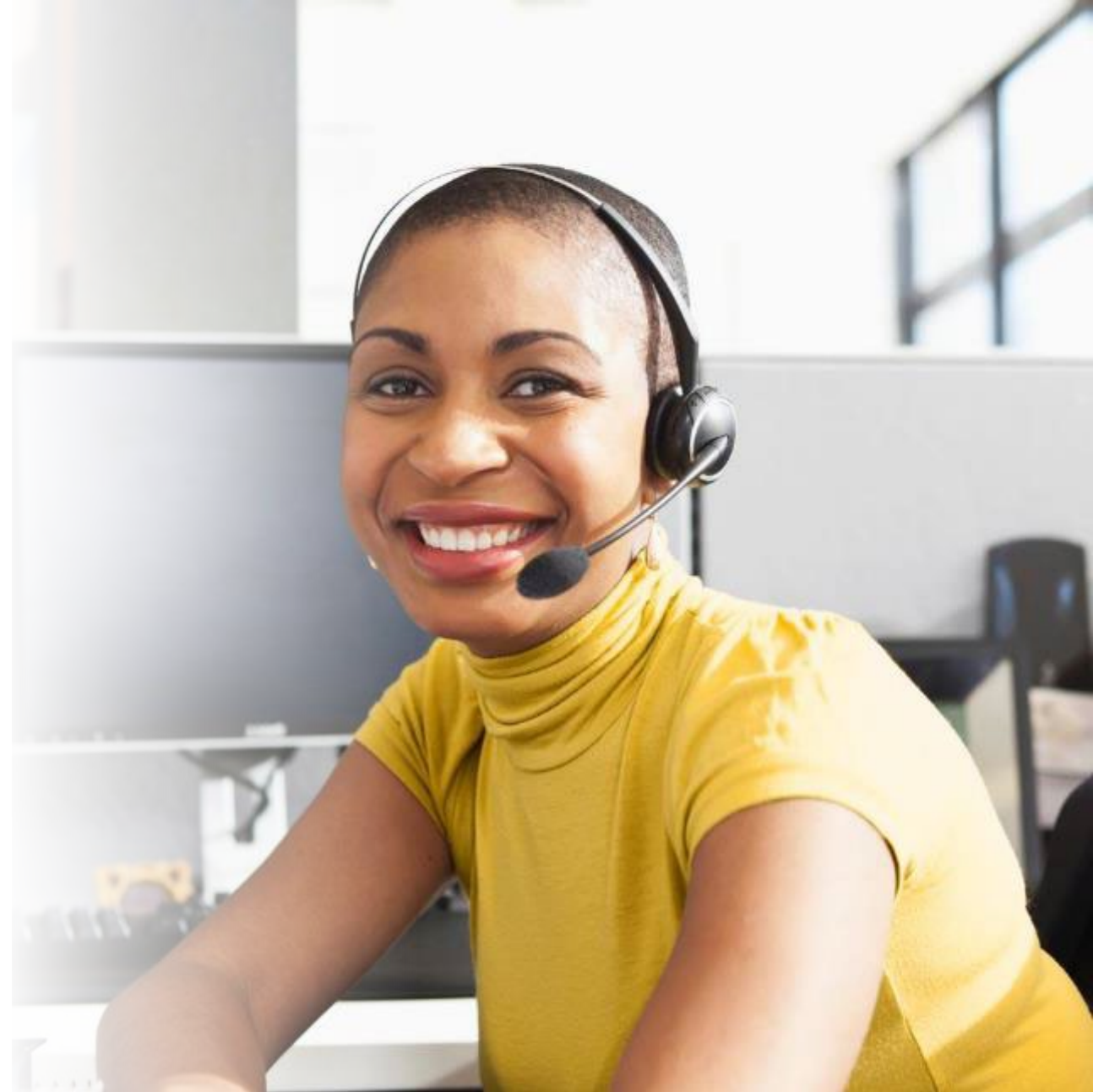
Condition Management Programs



Care Management

- Support for chronic or complex conditions
- Team of Texas-based clinicians
- Helps coordinate care with providers
- Holistic approach to health concerns
- Available to HealthSelectSM medical plan participants at no additional cost

Scan the QR code
to learn more.





VirtualCheckup®

By Catapult Health

1



Get your Home Kit in the mail

2



Follow the simple directions

3

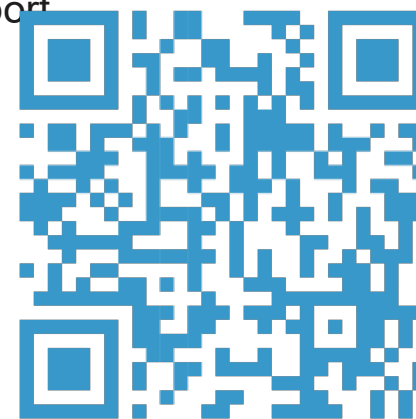


Complete your VirtualCheckup

–A Virtual**Checkup** can give eligible participants access to:

- Lab-accurate bloodwork results
- Review of current medications, health conditions and virtual lab results with a certified nurse practitioner
- A detailed Personal Health Report

Scan the QR code to learn more:





Take control of your heart health with Hello Heart.

- Free blood pressure monitor
- Track your blood pressure, cholesterol, medications, and more
- Personalized tips

Scan the QR code to learn more.





Relieve joint and muscle pain with personalized exercise therapy at no cost to you.

- Virtual sessions anytime, anywhere
- Unlimited one-on-one health coaching
- Motion tracking technology for instant form correction

Scan the QR code to learn more.





Helping People *Learn to Live* Better Lives

- Online, on-demand, self-paced mental health service
- Accessed online using videos and interactive features
- Focused on adjusting thoughts and actions to positively impact state of mind

Scan the QR code
to learn more.



Weight & Lifestyle Management Programs

**Real
Appeal[®]**

wondr[®]

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to learn more.





Thank You

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Disclosures

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. 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.

Participants may choose either weight management program but can only participate in one program at any given time.

Wondr and Real Appeal are independent companies that have contracted directly with ERS to provide a weight loss and metabolic syndrome reduction program that is covered under some of the health benefit plans. These companies are solely responsible for the products or services offered by them. Your acceptance is not guaranteed.

Catapult Health is an independently contracted provider that conducts health and wellness screenings for Blue Cross and Blue Shield of Texas

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

Blue365® is a discount program only for BCBSTX members. This is NOT insurance. The services offered through this program are not covered services under your health 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 Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program. BCBSTX does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSTX reserves the right to stop or change this program at any time without notice.

The relationship between these vendors and BCBSTX is that of independent contractors. BCBSTX makes no endorsement, representations or warranties regarding any products or services offered by the above-mentioned vendors.

Hello Heart is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide online tools and programs for cardiovascular health support. Blue Cross and Blue Shield of Texas is not the administrator of pharmacy benefits.

Hinge Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide an online musculoskeletal program for members with coverage through BCBSTX.

Learn To Live, Inc. is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide online tools and programs for behavioral health support.