



**Healthy You
Healthy Texas**

**HealthSelectSM Secondary
2024 Fall Enrollment**

The 2025 plan year begins
Jan. 1, 2025, and runs
through Dec. 31, 2025
healthselectoftexas.com

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[®]



BlueCross BlueShield
of Texas



HealthSelect Secondary Basics

HealthSelect Pays for Services after Medicare

- Who is eligible?
- Coordination of Benefits
- \$200 deductible per person, \$600 per family
- Preventive services are covered at 100%
- You do not need to have a primary care provider (PCP) on file with Blue Cross and Blue Shield of Texas
- You do not need referrals or prior authorizations

Visit [medicare.gov](https://www.medicare.gov) to locate a provider



Plan Updates

Change to out-of-pocket maximums

- \$8,050 per person
 - Increase from \$7,500
- \$16,100 per family
 - Increase from \$15,000





New Condition Management Programs

Available Sept. 1, 2024

- Hello Heart – Cardiovascular health
- Hinge Health – Musculoskeletal care
- Learn to Live – Mental health





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.





Wellness programs

- Buena Vida well-being program
- Fitness Program





Buena Vida

- Buena Vida: Online program to help you take control of your well-being and achieve what matters most to you
 - 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.





Fitness Program

Nationwide network of fitness centers

- No contract required

Available packages:

Digital Only
\$10 Monthly fee
Digital Access Only

Base
\$19 Monthly

Core
\$29 Monthly

Power
\$39 Monthly

Elite
\$129 Monthly



Scan the QR code to learn more.





BCBSTX Personal Health Assistants

For questions and help with:

- Finding a Primary Care Provider
- Benefits, programs and resources available through your medical plan
- Costs estimates, finding in-network providers and scheduling appointments
- How-tos and 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

For Additional Assistance

ERS

EMPLOYEES  RETIREMENT
SYSTEM OF TEXAS

**Employees Retirement
System of Texas**

Call toll-free: **(866) 399-6908**
Monday–Friday: 7:30 a.m. - 5:30 p.m.
or online at **ers.texas.gov**



Questions

If your question is not answered today, email

BCBSTXSupport_ERSTeam@bcbstx.com

A BCBSTX representative will respond to your email
within three business days

Disclosures

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.

Blue Cross and Blue Shield of Texas is not the administrator of pharmacy benefits.

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