

HealthSelect[®] of Texas[®]

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HealthSelectSM

**All about the
Fitness Program**



Before You Start...

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Talk to your primary care provider (PCP) about:

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



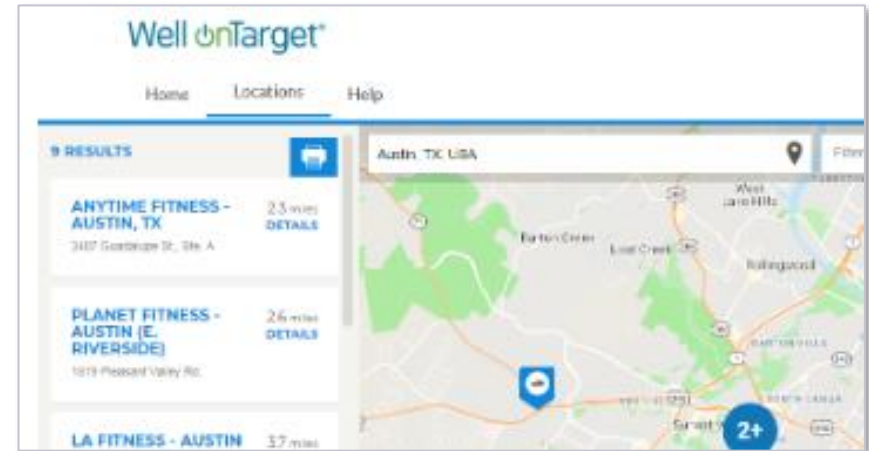
Source: National Institutes of Health

Fitness Program Overview

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- Nationwide network of fitness centers
- No contract required
 - Only a \$19 enrollment fee and
 - Set monthly membership amount per your selected package
- Earn Blue PointsSM



Search for a list of gyms in your area
www.bcbsilforyourhealth.com

Fitness Program Package Details

	Features	Fitness Program Package			
Price	Enrollment Fee	\$19			
	Monthly Fee (plus tax)	Base	Core	Power	Elite
		\$19	\$29	\$39	\$99
	Gym Facilities Network Size	Base	Core	Power	Elite
		2,900	7,000	11,400	11,700
	Gym Chain Examples within Network	Base	Core	Power	Elite
		<ul style="list-style-type: none"> • Planet Fitness • Blink Fitness • Fitness 19 	<ul style="list-style-type: none"> • Gold's Gym • Crunch Fitness 	<ul style="list-style-type: none"> • Curves • Anytime Fitness • LA Fitness 	<ul style="list-style-type: none"> • Life Time Fitness
Experience	Mobile App	Yes			
	Family Bundle	Yes			

Fitness Program Additional Benefits

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Alternative Medicine Discounts on:

- Acupuncture
- Massages
- Childbirth Educators
- Personal Trainers



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How to Enroll in the Fitness Program

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To Enroll:

- Log into Blue Access for MembersSM, click on “*Fitness Program*” in the Quick Links
- Or**
- Call the Fitness Program toll-free: **(888) 762-BLUE (2583) (TTY: 711)**

BlueCross BlueShield of Texas

Ask IVYSM our virtual assistant

Home My Coverage Claims Center My Health Doctors & Hospitals Forms & D

Welcome ACKERSONTDM AADLANDTDM! Last login

Message Center

You have 1 new messages.

07/01/2017 This Is The Best Test

06/15/2017 Neeraja SYSTEM Msg. test

View all messages

Quick Links

- Health Savings Account (Consumer Directed HealthSelect only)
- Virtual Visits
- Well onTarget
- Member Discount Program
- Manage preferences
- Verification of Coverage Letter
- View less quick links

PERSONAL HEALTH ASSISTANTS

Personal Health Assistants can assist you with your benefits questions. To find a network primary care physician (PCP) or other provider, connect your account and learn about wellness programs and other plan benefits.

CONNECT WITH A PERSONAL HEALTH ASSISTANT:

CALL TOLL-FREE

(800) 252-8039
Monday-Friday 7 a.m. - 7 p.m. CT and Saturday 7 a.m. - 7 p.m. CT

CHAT NOW

Start with Ask Ivy, your virtual assistant available 24-7. We also connect you to live chat when PHAs are available.

Blue Points through Well onTarget®

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Activities that earn points:

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



Instant recognition and rewards with Blue Points

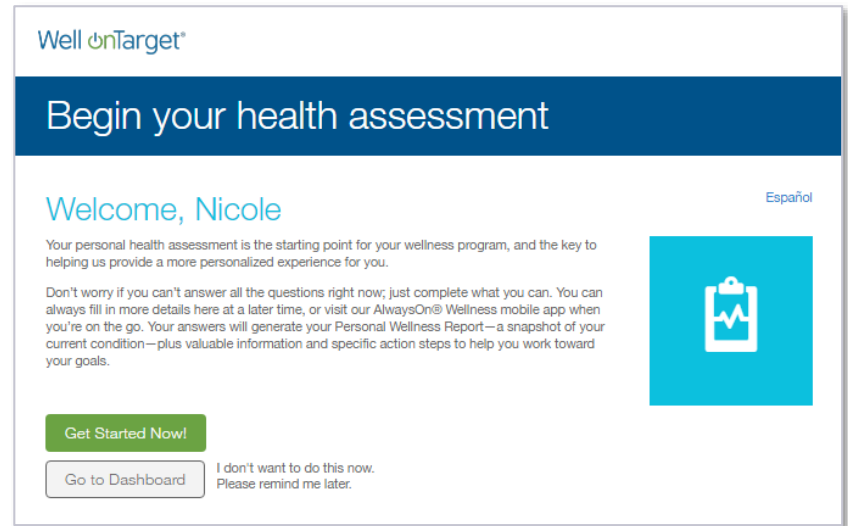
Health Assessment

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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



BCBSTX Personal Health Assistants

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BCBSTX Personal Health Assistants can:

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

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



Thank you

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25 YEARS

Disclosures/Disclaimers

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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 HealthTM, 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 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.