



Need a little help getting your health back on track? The following steps can help you reset your wellness routine and get moving in the right direction.

1. Schedule your annual wellness checkup

The first step to getting your health back on track should be a visit to your primary care provider (PCP) for a preventive checkup.

As a HealthSelectSM medical plan participant, your preventive care is covered at no cost to you when you see an in-network provider and have a PCP on file with Blue Cross and Blue Shield of Texas (BCBSTX) if you are enrolled in a plan that requires one.

2. Sign up for Well onTarget[®]

Well onTarget is an online wellness portal that offers personalized resources and incentives to support you on your wellness journey. Get the support you need to make healthy choices while being rewarded for your hard work.

3. Complete your Health Assessment

The Well onTarget Health Assessment provides a snapshot of your current health. By answering a series of questions about lifestyle and health habits, the Health Assessment helps you identify what you are doing well and where there are opportunities for improvement.

4. Manage your weight

If your goals focus on losing weight, be sure to check out Wondr[™] and Real Appeal[®]. The two weight management programs are available to eligible participants as part of your HealthSelect medical plan benefits at no additional cost to you.

5. Start a fitness routine

The Fitness Program is a flexible membership program that gives you and your covered dependents (age 16 and older) unlimited access to a nationwide network of facilities, from gyms and sports facilities to specialty fitness studios, including access to digital fitness videos and live classes.

[Click here](#) to learn more details about all of these resources.

Questions?

If you have any questions about your medical benefits or need help finding a provider, call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday – Friday, 7 a.m. – 7 p.m. and Saturday, 7 a.m. – 3 p.m. CT.

You can also communicate via secure chat and secure messaging Monday – Friday, 8 a.m. – 5 p.m., after logging into [Blue Access for MembersSM](#).

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

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