



Healthy you, healthy Texas

As a Texas state agency, college or university employee, you can help set the tone for others by choosing to live a healthy lifestyle. Your HealthSelect of Texas® or Consumer Directed HealthSelectSM medical plan includes wellness resources to support you. Eligibility requirements apply.



Buena Vida can help you achieve your health goals with easy-to-use tools and well-being resources. You can also earn Buena Vida Bucks for participating in healthy activities and completing your annual preventive check-up.

healthselect.bcbstx.com/health-and-wellness-incentives/buena-vida



VirtualCheckup[®] by Catapult Health makes getting your annual checkup easier. As an eligible HealthSelectSM medical plan participant, you can complete your annual checkup from the comfort of your own home. You can also earn Buena Vida Bucks for completing your VirtualCheckup by Catapult Health.

healthselect.bcbstx.com/medical-benefits/catapult-health-virtualcheckup



With Virtual Visits, get the medical and mental health care support you need, wherever you are.

healthselect.bcbstx.com/medical-benefits/virtual-visits



Weight and lifestyle management programs provide the support you need to manage your weight.

healthselect.bcbstx.com/condition-management/weight-lifestyle-management-programs



Condition Management Programs

Eligible HealthSelect medical plan participants have resources at no additional cost to help manage certain health conditions.

Hello Heart

Hello Heart focuses on cardiovascular health, aiming to prevent or decrease the development or advancement of heart disease and other cardiovascular conditions.

healthselect.bcbstx.com/condition-management/hello-heart



Hinge Health is a digital, physical therapist-led program that includes access to a mobile app and a care team. It is focused on exercise therapy designed to address joint, bone and muscle pain.

healthselect.bcbstx.com/condition-management/hinge-health



Learn to Live

Learn to Live is an online mental health service with coach-supported programs to help you overcome depression, insomnia, panic disorder, stress, anxiety, social anxiety and substance use.

healthselect.bcbstx.com/condition-management/learn-to-live



Fitness Program

The Fitness Program by Well onTarget® gives you access to a nationwide network of fitness facilities. You can choose multiple locations and visit locations while traveling.

healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program



Invite your covered family members and coworkers to join you in these healthy activities.

WebMD is an independent company that administers the Buena Vida program. WebMD contracts directly with the Employees Retirement System of Texas to provide employee health and wellness programs. They do not offer Blue Cross and Blue Shield of Texas products or services and are solely responsible for the products and services they provide. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Catapult Health is an independently contracted provider that has contracted with BCBSTX to provide health and wellness screenings for members with coverage through BCBSTX.

MDLIVE, a separate company, and Doctor On Demand, an independent company, have contracted with BCBSTX to administer the Virtual Visits programs for members of BCBSTX. These third-party vendors are solely responsible for their operations and contracted providers. MDLIVE® and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without written permission.

Wondr and Real Appeal are independent companies that provide wellness services for HealthSelect of Texas® and Consumer Directed HealthSelectSM. They are solely responsible for the products and services that they provide. Your acceptance is not guaranteed.

Hello Heart is an independent company that has contracted with BCBSTX to provide online tools and cardiovascular health support programs for members with coverage through BCBSTX.

Hinge Health is an independent company that has contracted with BCBSTX to provide an online musculoskeletal program for members with coverage through BCBSTX.

Learn to Live provides educational behavioral health programs. Members considering further medical treatment should consult with a physician. Learn to Live, Inc. is an independent company that provides online behavioral health programs and tools for members with coverage through BCBSTX. Learn to Live is available for members with coverage through 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.

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

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