

Healthy You Healthy Texas

HealthSelect of Texas[®] 2024 Summer Enrollment

The 2025 plan year begins Sept. 1, 2024, and runs through Aug. 31, 2025 healthselectoftexas.com





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

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





HealthSelect of Texas[™]

- No in-network deductible
- Requires primary care provider
- Copays apply
- \$0 copay for Virtual Visits
- Referral needed to see specialists





HealthSelect[™] Out-of-State

For active employees, non-Medicare enrolled retirees and eligible dependents living or working outside of Texas

- How to enroll
- No in-network deductible
- Copays apply
- \$0 copay for Virtual Visits
- No PCP referral needed to see specialists











1. SHOP



2. GO



3. EARN





Wellness Resources

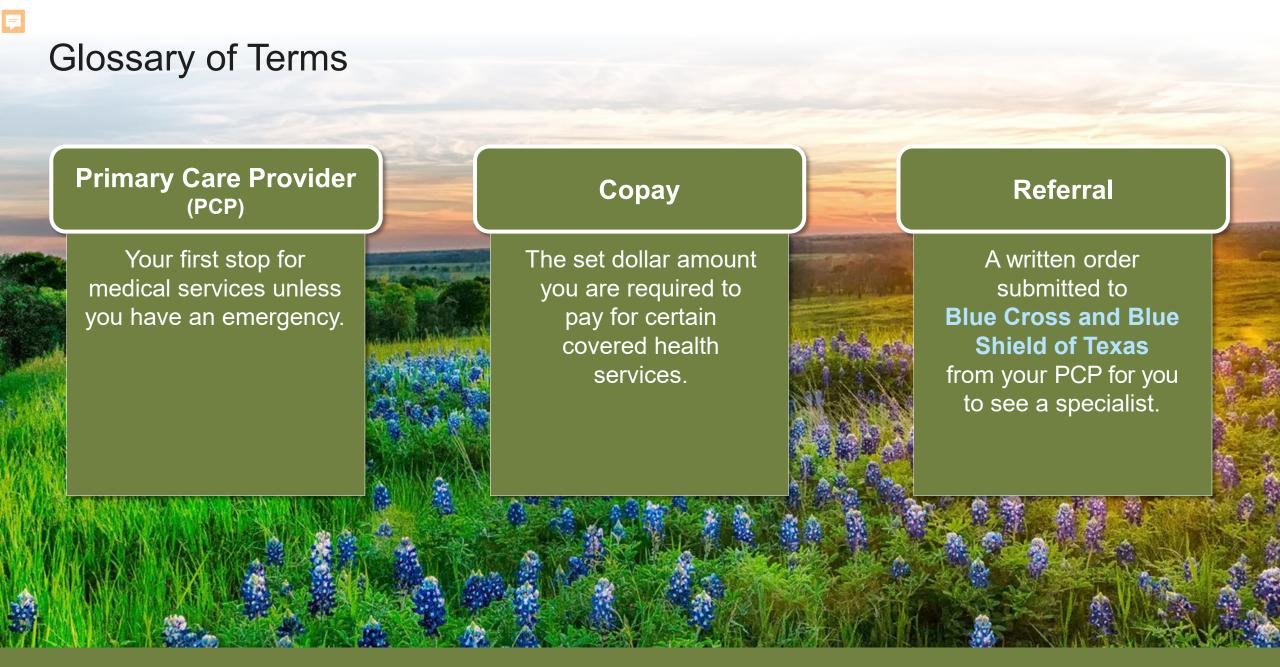
 Well onTarget[®]: Online portal to access wellness programs and take the Health Assessment

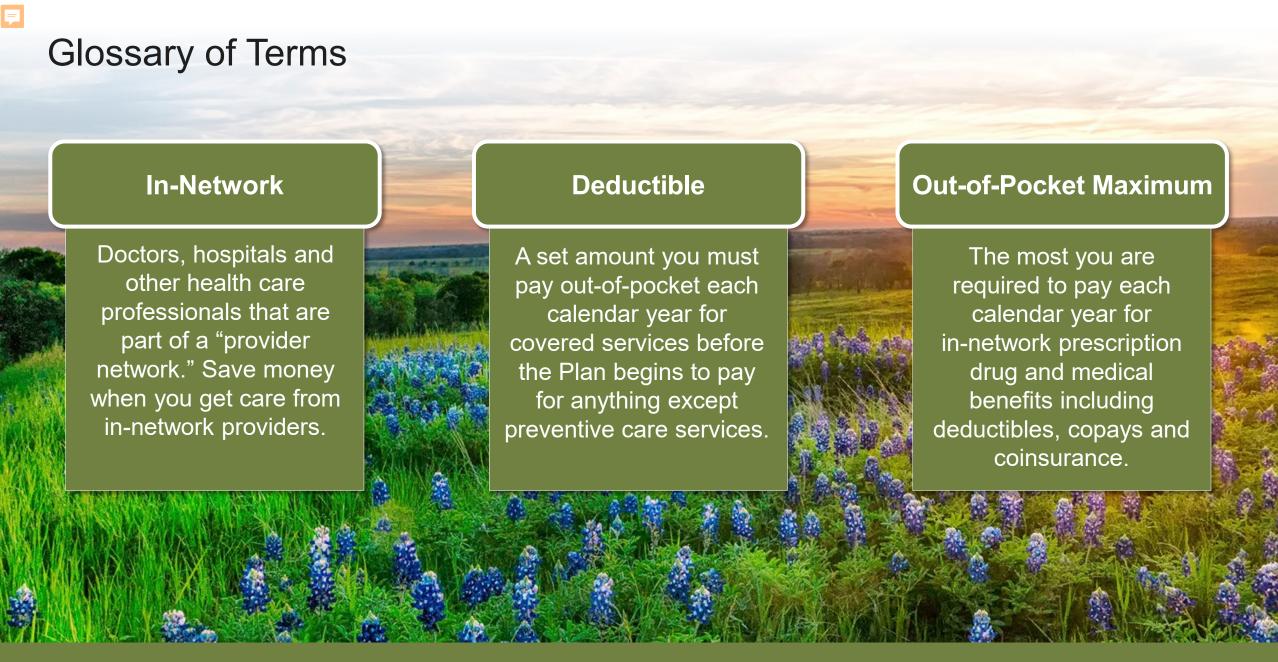
 Blue Points[™]: Get rewarded for healthy activities

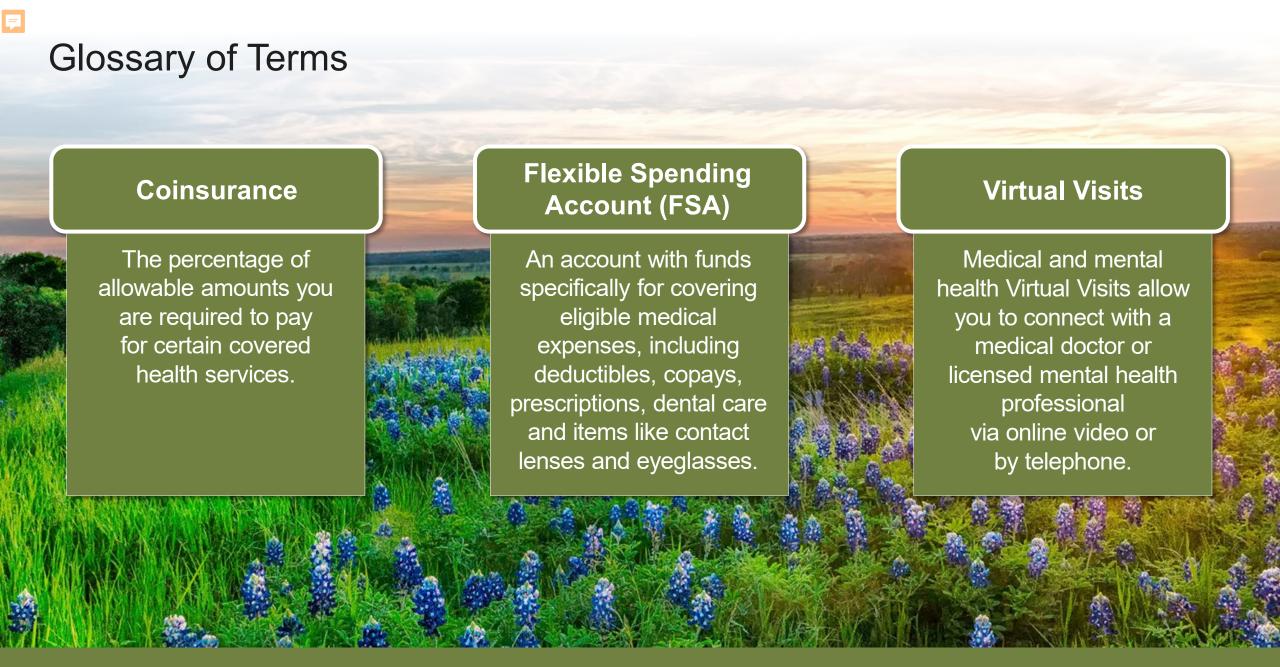
- Fitness gear
- Wearables
- Camping equipment
- Fitness Program: Nationwide network of fitness centers
 - Starting at \$19 (plus tax) a month
 - \$10 a month for digital content
- Lifestyle and Weight management programs:
 - Wondr[®]
 - Real Appeal®













BCBSTX Personal Health Assistants

For questions and help with:

- Selecting a PCP
- Benefits, prior authorizations and referrals
- 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







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.

Sapphire Digital is an independent company that administers the HealthSelectShoppERS program for Blue Cross and Blue Shield of Texas (BCBSTX). BCBSTX makes no endorsement, representation or warranty regarding Sapphire Digital's administration of the HealthSelectShoppERS program. Information received through the HealthSelectShoppERS program is not meant to replace the advice of a health care professional, and decisions regarding the course and place of treatment remain with the member and his or her health care provider. Eligibility for rewards is subject to the terms and conditions of the HealthSelectShoppERS program. Active Consumer Directed HealthSelect participants may be eligible for rewards.

In the event of an emergency, this service should not take the place of an emergency room or urgent care center. MDLIVE and Doctor On Demand doctors do not take the place of your primary care doctor. MDLIVE and Doctor On Demand are independent companies that provide Virtual Visit services for Blue Cross and Blue Shield of Texas. Virtual Visits, Powered by MDLIVE may not be available on all plans. Virtual Visits are subject to the terms and conditions of your benefit plan, including benefits, limitations, and exclusions. MDLIVE and Doctor On Demand operate and administer the Virtual Visit program and are solely responsible for their operations and that of their contracted providers. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE, Inc. and may not be used without written permission.

The telemedicine services made available through Doctor On Demand are provided by licensed physicians practicing within a group of independently owned professional practices collectively known as "Doctor On Demand Professionals". These professional practices provide services via the Doctor On Demand telehealth platform. Doctor On Demand, Inc. does not itself provide any physician, mental health or other healthcare provider services. MDLIVE is not an insurance product nor a prescription fulfillment warehouse. MDLIVE does not guarantee that a prescription will be written. MDLIVE and Doctor On Demand do not prescribe DEA-controlled substances, non-therapeutic drugs and certain other drugs that may be harmful because of their potential for abuse. MDLIVE physicians reserve the right to deny care for potential misuse of services. Internet/Wi-Fi connection is needed for computer access. Data charges may apply when using your tablet or smartphone. Check your phone carrier's plan for details. MDLIVE operates subject to state regulations and may not be available in certain states. Non-emergency medical service in Idaho, Montana, New Mexico and Oklahoma is limited to interactive audio/video (video only), along with the ability to prescribe. Non-emergency medical service in Arkansas is limited to interactive audio/video (video only) for initial consultation.

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

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



Disclosures

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

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