



# HealthSelect<sup>®</sup> of Texas

CONSUMER DIRECTED  
**HealthSelect**<sup>SM</sup>

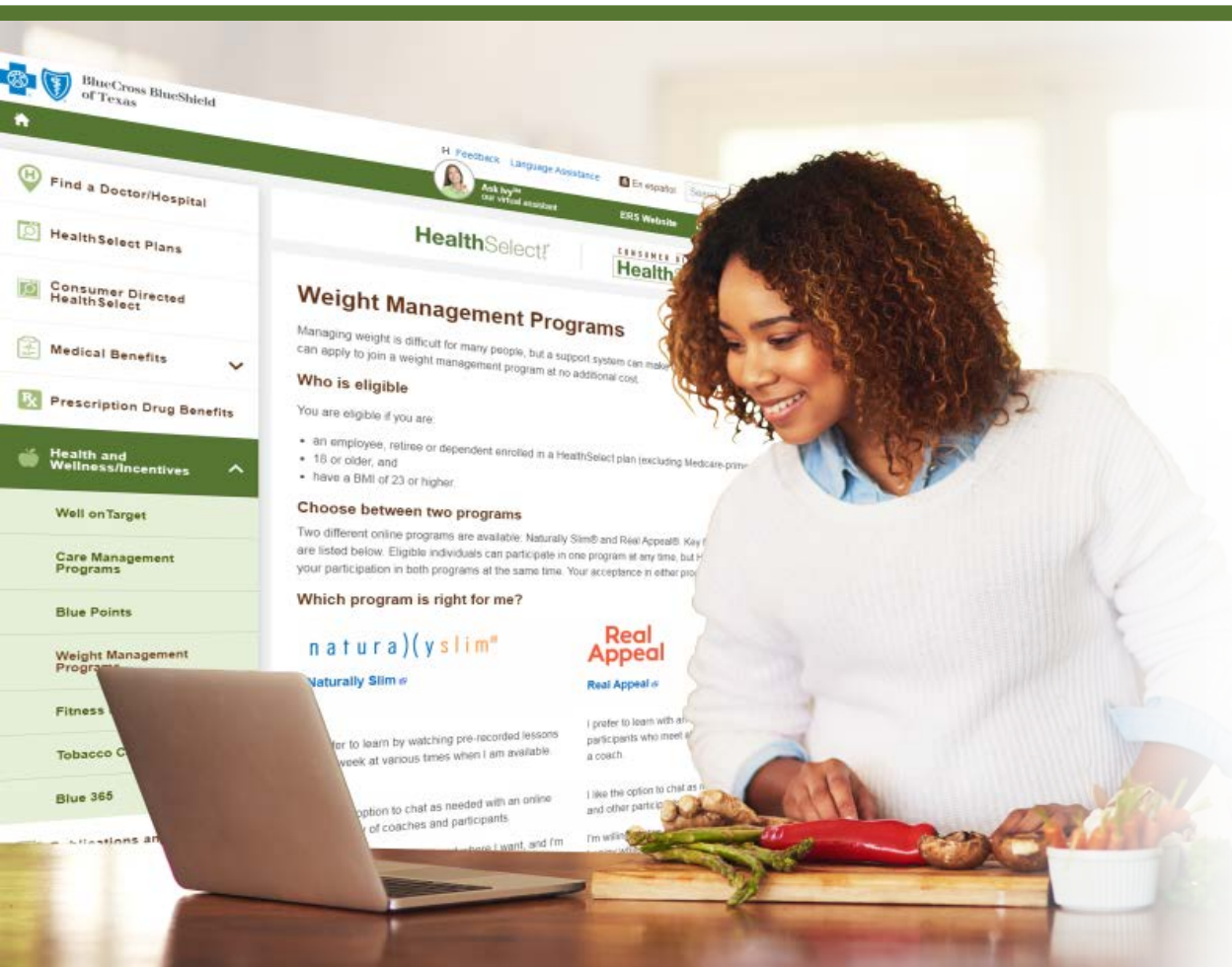


## Weight Management Programs

# Weight Management Programs

HealthSelect<sup>®</sup> of Texas

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HealthSelect<sup>™</sup>



Real Appeal<sup>®</sup>

natura)(ySlim<sup>®</sup>

Available at no cost to eligible participants

# Naturally Slim

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natura)(yslim<sup>®</sup>

- Learn skills that let you eat the foods you love while losing weight
- Weekly online videos you can access whenever it's convenient for you, wherever you are
- Helps you reduce your risk of developing serious conditions like diabetes and heart disease.  
To enroll, go to:

[naturallyslim.com/healthselect](http://naturallyslim.com/healthselect)



# Real Appeal

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HealthSelect<sup>™</sup>



## Real Appeal<sup>®</sup>

- Helps you take small steps that lead to lasting weight loss
- Program can be tailored to your goals, preferences and lifestyle
- Weekly online group sessions led by a Transformation Coach
- To enroll, go to:

[healthselect.realappeal.com](http://healthselect.realappeal.com)

# Which program is right for me?

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- I prefer to learn by watching short videos each week whenever it's convenient for me.
- I like having the option to connect with my health coaches and other Naturally Slim participants whenever I need to.
- I want to learn skills that'll help me lose weight and improve my health while eating my favorite foods.
- I like the idea of becoming more aware of my body so I eat only when I'm hungry.

Real  
Appeal<sup>®</sup>

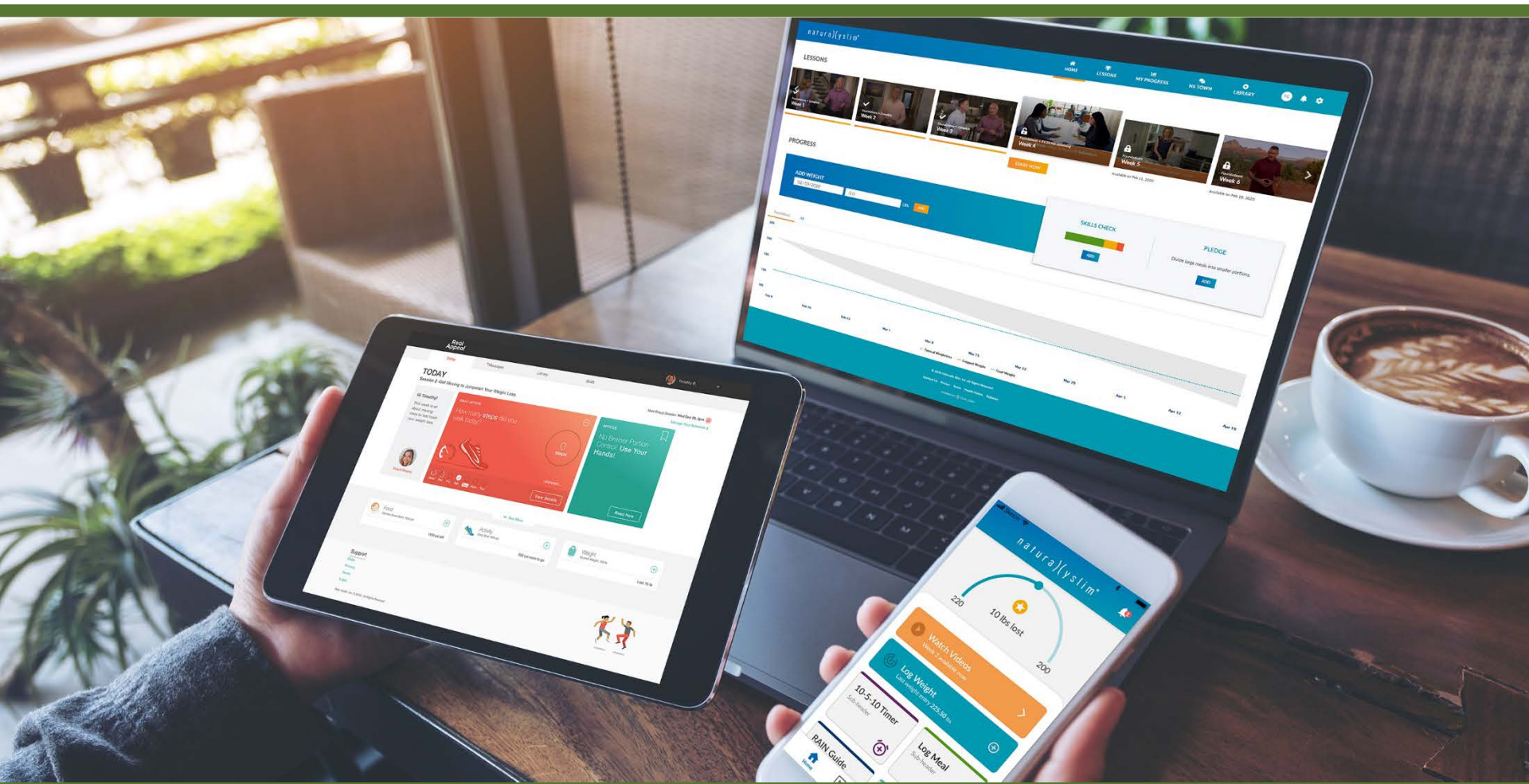
- I prefer to learn with an online community of participants who meet at the same time with a coach.
- I like the option to chat as needed with my coach and other participants.
- I'm willing to stop eating some of the unhealthy foods I enjoy while I participate in the program.
- I like the idea of tracking the food I eat and my exercise.

Both programs are available at no cost to eligible HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup> plan participants with a BMI of 23 or higher (excluding Medicare-primary participants).

# How to Access the Programs

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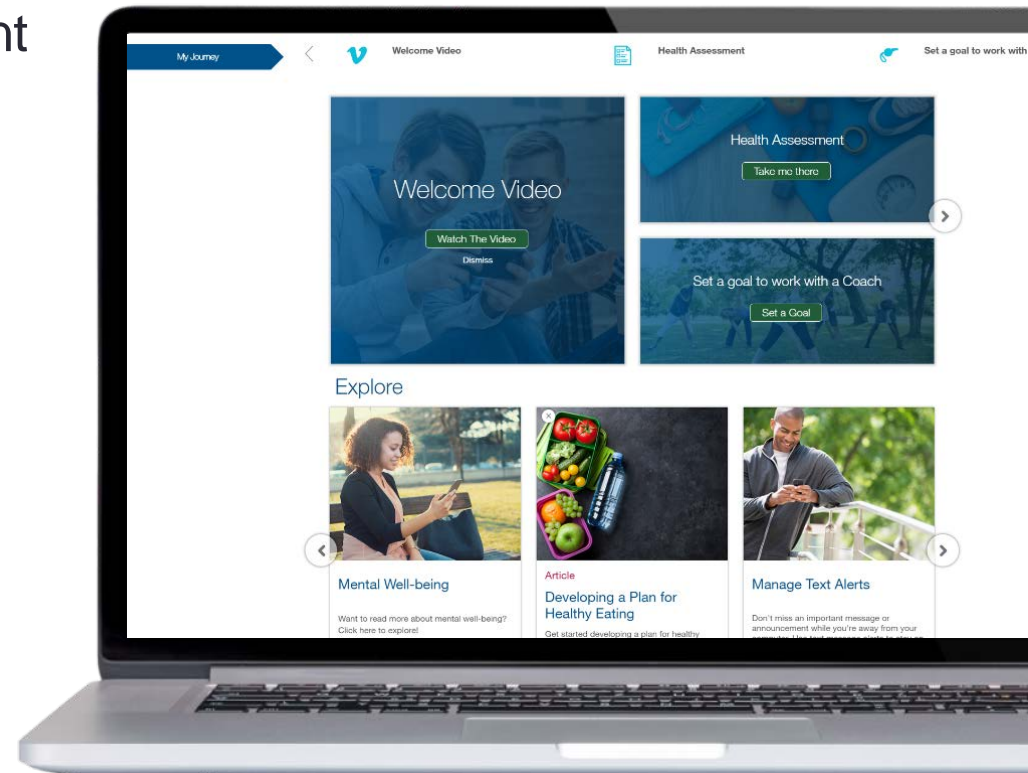
# Weight Management in Well onTarget®

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Well OnTarget weight management tools include:

- Self-directed programs
- Personalized coaching
- Trackers and apps

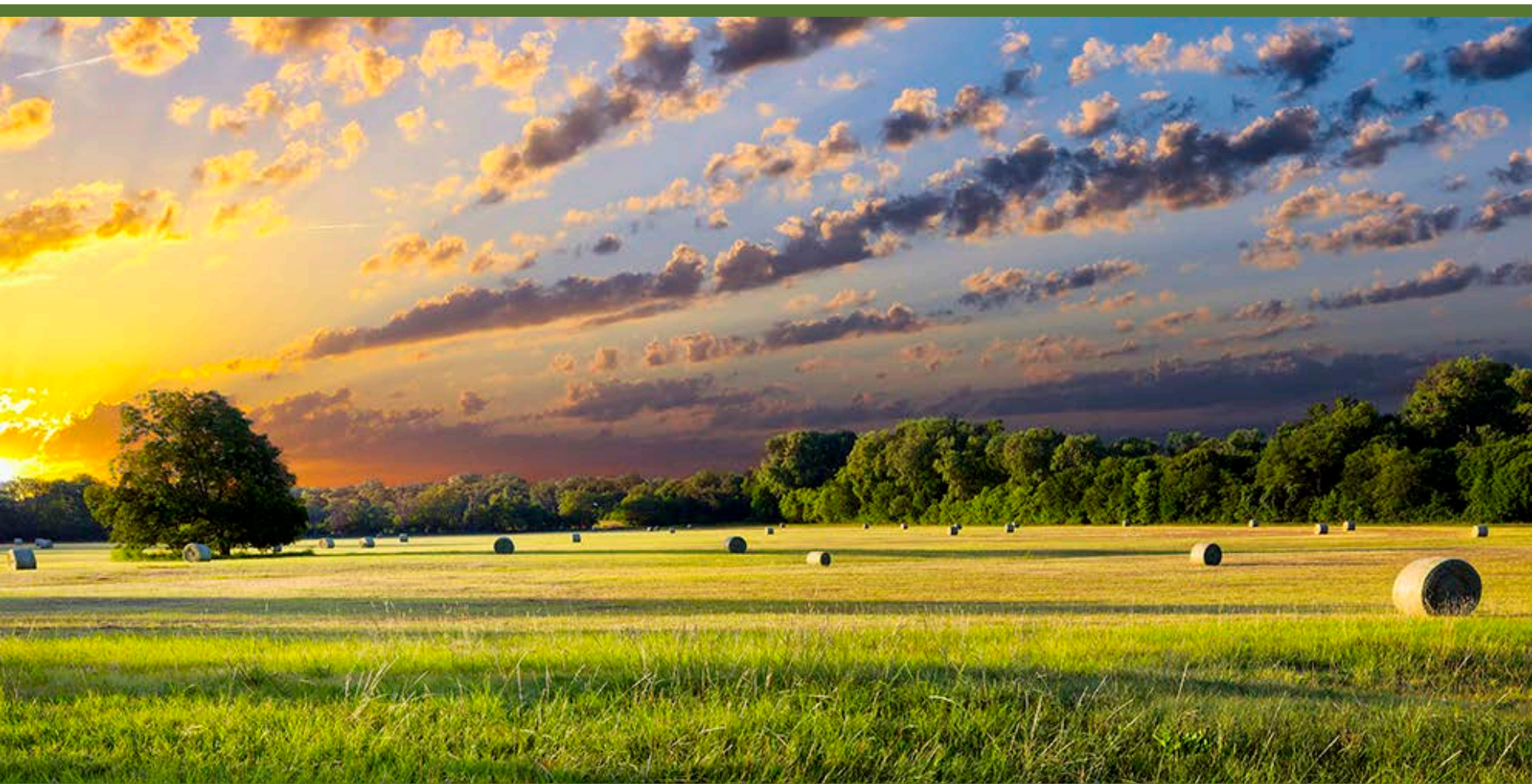




# Thank you

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# Disclosures

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Naturally Slim and Real Appeal are independent companies that provide chronic disease prevention and management solutions for Blue Cross and Blue Shield of Texas. They are solely responsible for the products and services that they provide.

Naturally Slim and Real Appeal are available at no cost to employees, retirees and dependents enrolled in a HealthSelect plan (excluding Medicare-primary participants) who are 18 or older and have a BMI of 23 or higher.

Well onTarget and the AlwaysOn App are owned and operated by Onlife Health. Onlife Health Inc. is an independent company that provides digital health management for Blue Cross and Blue Shield of Texas.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup>.

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