Desktop View

March is all about eating better. | **view in Web Browser**

HealthSelect of Texas® | CONSUMER DIRECTED HealthSelect℠ | BlueCross BlueShield of Texas

Hello <<First Name, Participant>>,

With trees budding and flowers blooming, the start of spring is about renewal. During National Nutrition Month, you can renew your commitment to eating more fresh fruits and vegetables. Proper nutrition and eating habits can help you achieve and maintain a healthy weight, which is a vital part of preventive health.

Learn what steps you can take to improve your eating habits.

Those enrolled in a HealthSelect℠ plan, including Consumer Directed HealthSelect℠, have helpful resources, like **Well onTarget® self-management programs** and two **weight management programs**, at no additional cost to you.

For wellness on the go, download the **AlwaysOn® Wellness** app on Google Play and the App Store.

Have questions?
If you have questions about Well onTarget or the weight management programs, call a Blue Cross and Blue Shield of Texas 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.

www.healthselectoftexas.com

AlwaysOn is owned and operated by Onlife Health Inc. an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide digital health management for members with coverage through BCBSTX.

The Well onTarget program is offered to you as a part of your employer-sponsored benefits. Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Naturally Slim 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 complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, sex or disability. See our **full-nondiscrimination notice and contacts**.

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

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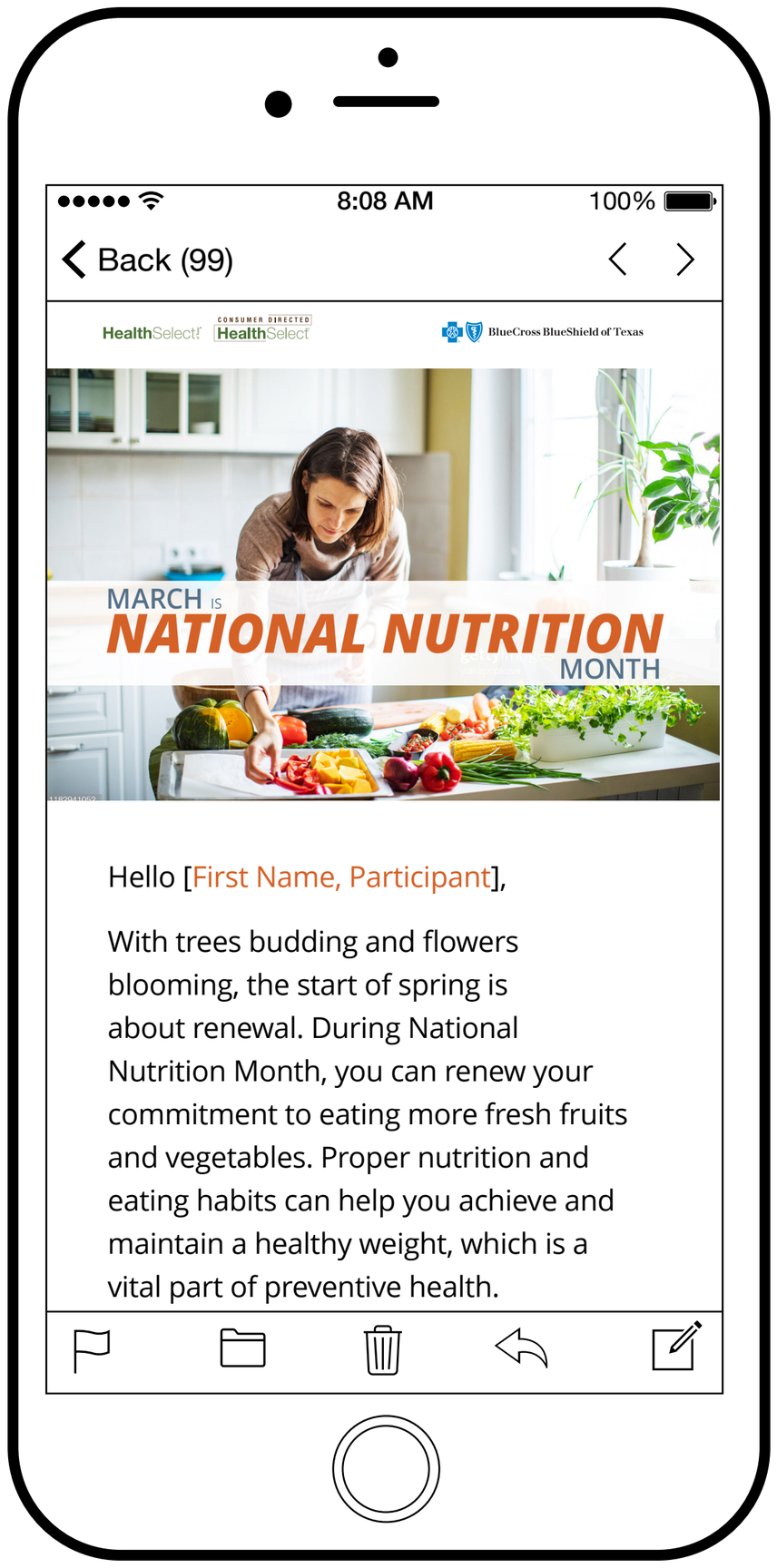
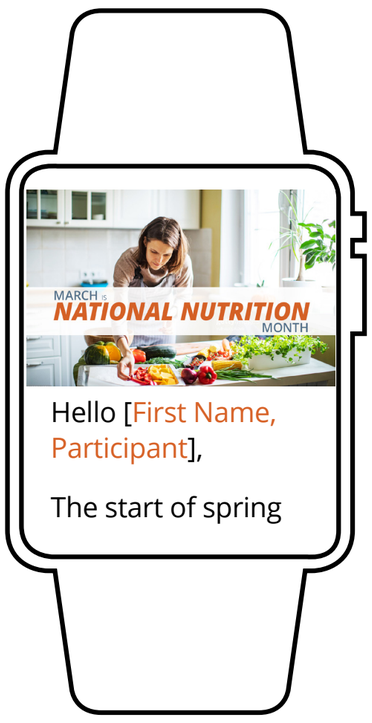
Legal and Privacy

Mobile View