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HealthSelectSM

**All about the
Fitness Program**



Before You Start...

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Talk to your primary care provider (PCP) about:

- Starting an exercise program
- Reviewing your annual check-up results
- Exercise guidelines



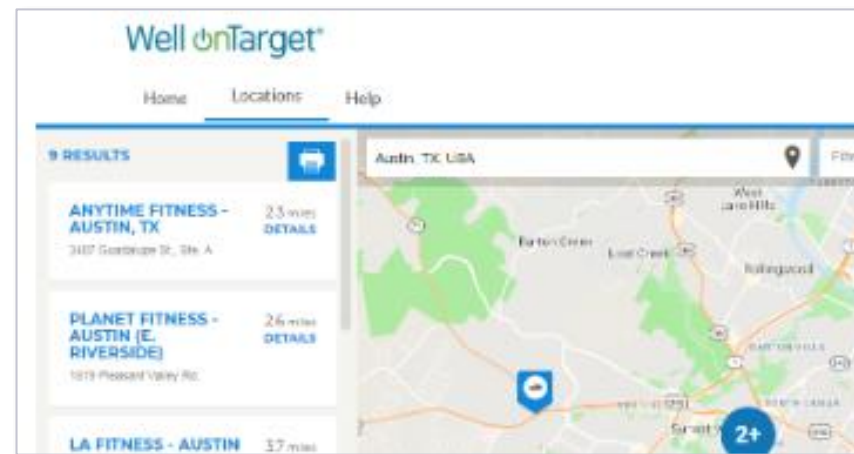
Source: National Institutes of Health

Fitness Program Overview

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- Nationwide network of fitness centers
- No contract required
 - Only a \$19 enrollment fee and
 - Set monthly membership amount per your selected package
- Earn Blue PointsSM



Search for a list of gyms in your area
www.bcbsilforyourhealth.com

Fitness Program Package Details

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	Features	Fitness Program Package			
Price	Enrollment Fee	\$19			
	Monthly Fee (plus tax)	Base	Core	Power	Elite
		\$19	\$29	\$39	\$99
	Gym Facilities Network Size	Base	Core	Power	Elite
		2,900	7,000	11,400	11,700
	Gym Chain Examples within Network	Base	Core	Power	Elite
		<ul style="list-style-type: none"> • Planet Fitness • Blink Fitness • Fitness 19 	<ul style="list-style-type: none"> • Gold's Gym • Crunch Fitness 	<ul style="list-style-type: none"> • Curves • Anytime Fitness • LA Fitness 	<ul style="list-style-type: none"> • Life Time Fitness
Experience	Mobile App	Yes			
	Family Bundle	Yes			

Fitness Program Additional Benefits

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Alternative Medicine Discounts on:

- Acupuncture
- Massages
- Childbirth Educators
- Personal Trainers



How to Enroll in the Fitness Program

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To Enroll:

- Log into Blue Access for MembersSM, click on “*Fitness Program*” in the Quick Links
- Or
- Call the Fitness Program toll-free: (888) 762-BLUE (2583) (TTY: 711)

The screenshot shows the BlueCross BlueShield of Texas HealthSelect website. At the top, the BlueCross BlueShield of Texas logo is on the left, and the 'Ask IVY' virtual assistant icon is on the right. Below the logo is a navigation bar with links: Home, My Coverage, Claims Center, My Health, Doctors & Hospitals, and Forms & D. A welcome message reads 'Welcome ACKERSONTDM AADLANDTDM! Last login'. The main content area is divided into sections. The 'Message Center' section shows 'You have 1 new messages.' with two messages: '07/01/2017 This Is The Best Test' and '06/15/2017 Neeraja SYSTEM Msg. test'. Below this is a 'Quick Links' section, which is highlighted with a red box. It contains links for 'Health Savings Account (Consumer Directed HealthSelect only)', 'Virtual Visits', 'Well onTarget', 'Member Discount Program', 'Manage preferences', 'Verification of Coverage Letter', and a 'View less quick links' link. To the right of the Quick Links is a 'PERSONAL HEALTH ASSISTANTS' section. It includes a message about separate views for each participant and a 'CONNECT WITH A PERSONAL HEALTH ASSISTANT' section. This section features a 'CALL TOLL-FREE' link with the number (800) 252-8039 and a 'CHAT NOW' link. The chat section also mentions 'Start with Ask Ivy, your virtual assistant available 24-7'.

Blue Points through Well onTarget®

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Activities that earn points:

- Joining the Fitness Program
- Gym visits
- Health Assessment completion
- Self-Management Program participation
- Synching fitness device or app



Instant recognition and rewards with Blue Points

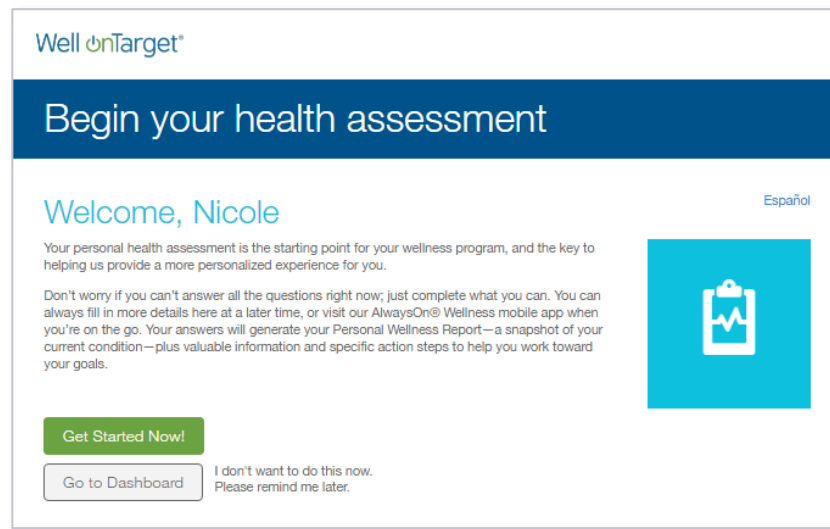
Health Assessment

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A confidential lifestyle questionnaire that generates personal wellness report.

- Provides guidance for your fitness goals
- Meets agency Health Assessment requirements
- Earn 2,500 Blue Points twice each year



The screenshot shows the 'Well onTarget' health assessment landing page. At the top, the 'Well onTarget' logo is in the upper left. A dark blue banner with white text reads 'Begin your health assessment'. Below this, the user is greeted with 'Welcome, Nicole' in blue. To the right of the greeting is a link for 'Español'. The main text explains that the personal health assessment is the starting point for the wellness program and provides a more personalized experience. It also reassures the user that they don't need to answer all questions right now and can complete them later, either on the website or via the 'AlwaysOn' mobile app. A blue square icon with a white clipboard and pulse line is on the right. At the bottom, there are two buttons: a green 'Get Started Now!' button and a grey 'Go to Dashboard' button. To the right of the 'Go to Dashboard' button is a link that says 'I don't want to do this now. Please remind me later.'

BCBSTX Personal Health Assistants

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BCBSTX Personal Health Assistants can:

- Answer questions about your HealthSelect benefits
- Connect you to other useful health and wellness resources

Call toll-free: **(800) 252-8039**
Monday–Friday: 7 a.m. - 7 p.m.
Saturday: 7 a.m. - 3 p.m. CT



Thank you

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gettyimages[®] |
Todd Leckie / 500px

25 YEARS

Disclosures/Disclaimers

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

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

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget[®] Member Wellness Portal at wellontarget.com for further information.

Onmyway and the AlwaysOn App are owned and operated by Onlife Health. Onlife is an independent company that provides health assessments for BCBSTX.

The Fitness Program is provided by Tivity Health[™], an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

The Fitness Program and its discounts on alternative medicine and services are provided through BCBSTX to HealthSelect of Texas[®] participants. The program and its discounts are not covered health services under the HealthSelect of Texas plan. Please refer to your Master Benefits Plan Document or call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039** for specific information about your plan's covered benefits. Use of the Fitness Program does not affect your health insurance premium, nor do costs of Fitness Program services or products count toward your calendar year or lifetime maximums and/or plan deductibles. Members are responsible for all fees, dues, taxes and other charges related to the Fitness Program. Refer to the program terms and conditions for further details. BCBSTX does not guarantee or make any claims or recommendations regarding the services or products offered under the Fitness Program. You may want to consult with your physician prior to use of these services and products. BCBSTX reserves the right to discontinue or change this discount program at any time without notice.