



JOURNEY TO WELLNESS

Free wellness resources available to you and your dependents



HealthSelect[®]
of Texas

CONSUMER DIRECTED
HealthSelectSM



BlueCross BlueShield
of Texas

Presentation Overview

- Well OnTarget® participant portal:
 - Health Assessment
 - Self-management programs
 - Personalized coaching
 - Trackers and apps
 - Blue PointsSM
- Fitness Program
- Weight management programs



How to Access Well onTarget via Blue Access for MembersSM

The image shows a two-step process for accessing the Blue Access for Members portal. Step 1 is navigating to the website www.healthselectoftexas.com. The screenshot shows the homepage with a navigation bar containing 'Home', 'Ask Ivy our virtual assistant', 'ERS Website', 'Contact Us', and 'Log In'. A sidebar on the left lists services like 'Find a Doctor/Hospital', 'Medical Plans and Benefits', 'Prescription Drug Benefits', 'Wellness Resources', and 'Publications, Forms and Presentations'. The main content area features a 'Don't Skip Preventive Care' article. Step 2 is logging in to the Blue Access for Members portal. The screenshot shows the login page with a 'blueaccess for Members' logo, a brief description of the portal's security and features, and a login form with fields for 'User Name' and 'Password', a 'Log In' button, and links for 'New user? Register now.', 'Forgot user name or password?', and 'Take a tour'.

1 www.healthselectoftexas.com

2 Log in to Blue Access for Members

Call a Blue Cross and Blue Shield of Texas (BCBSTX) Personal Health Assistant toll-free at (800) 252-8039 (TTY:711)

How to Access Well onTarget via Blue Access for Members

The screenshot shows the Blue Access for Members website interface. At the top, there is a navigation bar with links: Home, My Coverage, Claims Center, My Health, Doctors & Hospitals, and Forms & Documents. The 'blueaccess for Members' logo is in the top right. Below the navigation bar, there is a 'Welcome' message and the 'HealthSelect' logo. The main content area is divided into several sections:

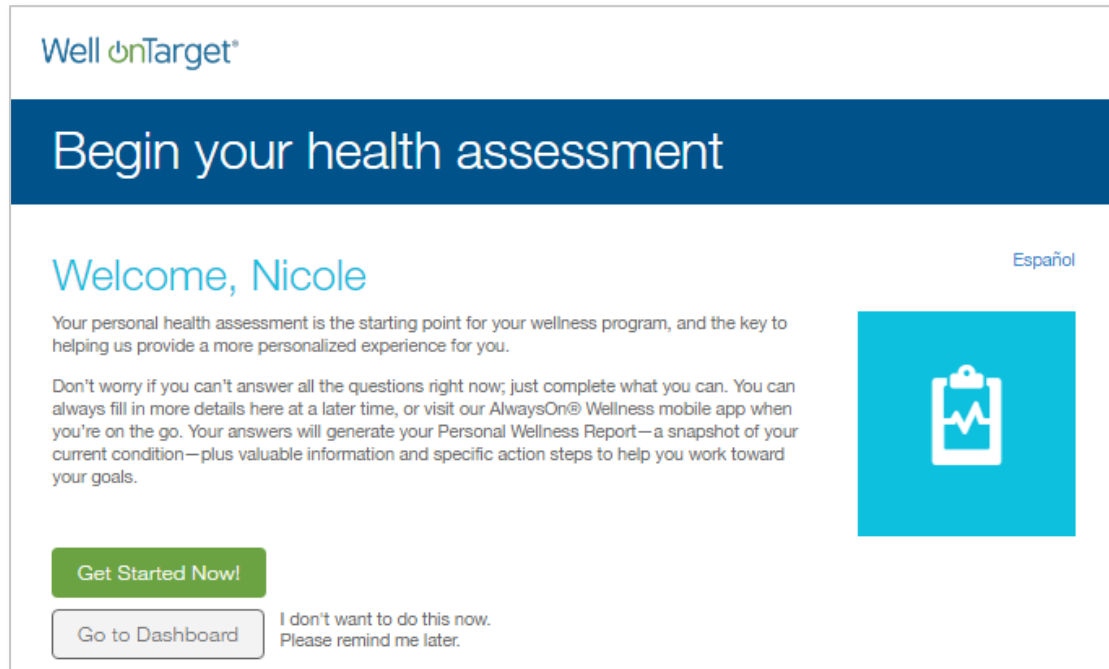
- Message Center:** Shows 1 new message from 09/08/2017 regarding a 'Prior Authorization and Referral update'. A 'View all messages' link is provided.
- PERSONAL HEALTH ASSISTANT:** A green header section with a description: 'Personal Health Assistants can assist you with your benefits questions. They can help you find a network primary care physician (PCP) or other provider, connect you with clinicians, and learn about wellness programs and other plan benefits.' Below this, it says 'CONNECT WITH A PERSONAL HEALTH ASSISTANT:' and provides two options: 'Call toll-free (800) 252-8039 Monday-Friday 7 a.m. - 7 p.m. CT and Saturday 7 a.m. - 3 p.m. CT' and 'Chat Now' (Start with Ask Ivy, your virtual assistant available 24-7 to help you. She can also connect you to live chat when PHAs are available).
- My Care Profile:** A section with a 'Blue Button' icon and text: 'Learn how to get your health care profile electronically'. A 'Get Started »' button is present.
- Quick Links:** A section with a list of links: 'Health Savings Account (Consumer Directed HealthSelect only)', 'Virtual Visits', 'Well onTarget' (highlighted with a green circle and the number 3), 'Fitness Program', and 'Health Assessment'. A 'View all quick links' link is at the bottom.

3 Click the **Well onTarget** link under **Quick Links**

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Health Assessment

15-minute lifestyle-habits questionnaire



Well onTarget®

Begin your health assessment


Welcome, Nicole Español

Your personal health assessment is the starting point for your wellness program, and the key to helping us provide a more personalized experience for you.

Don't worry if you can't answer all the questions right now; just complete what you can. You can always fill in more details here at a later time, or visit our AlwaysOn® Wellness mobile app when you're on the go. Your answers will generate your Personal Wellness Report—a snapshot of your current condition—plus valuable information and specific action steps to help you work toward your goals.

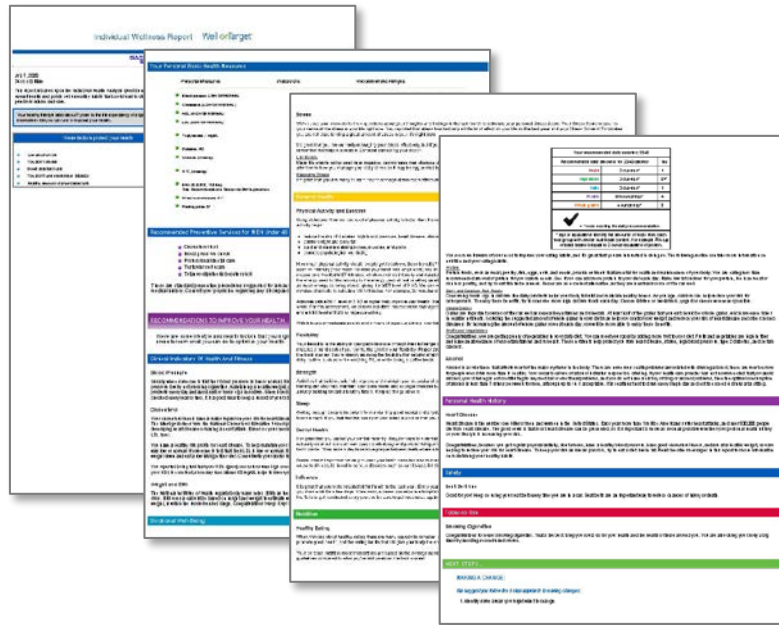
[Get Started Now!](#)

[Go to Dashboard](#) I don't want to do this now.
Please remind me later.



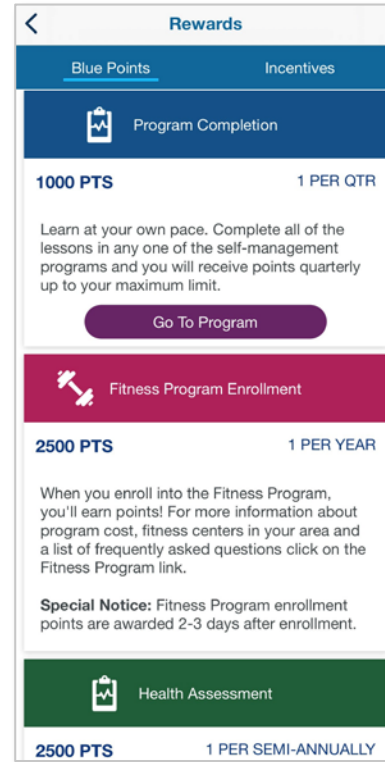
Health Assessment

- Gives you:
 - Personal wellness report
 - Personalized recommendations and guidance
 - Fulfills agency health assessments requirements
 - 2,500 Blue Points to redeem for prizes



Blue Points – Built-In Incentive

- Health Assessment
- Self-management programs
- Synced fitness device or app
- Fitness Program
- Online trackers






How to Earn Blue Points SM

Earn points for doing the right things! When you take actions that have been proven to have a positive impact on health, you'll earn points. You can use your points to redeem through the shopping mall.

All Activities

Tools & Trackers







 Fitness Center Use - Visit 1	100 POINTS 1 PER WEEK	You will earn points for your first visit each week at a Fitness Program network fitness center. Special Notice: Fitness Program points are awarded an average of 60 days after a qualifying visit.
 Fitness Center Use - Visit 3	200 POINTS 1 PER WEEK	You will earn points for your third visit each week at a Fitness Program network fitness center. Special Notice: Fitness Program points are awarded an average of 60 days after a qualifying visit.
 Fitness Center Use - Visit 1	2500 POINTS 1 PER YEAR	When you enroll into the Fitness Program, you'll earn points! For more information about program cost, fitness centers in your area and a list of frequently asked questions click on the Fitness Program link.

Self-Management Programs

- Structured
- Active
- Interactive
- Educational

Interactive Programs

Interactive programs take six weeks to complete. You will set a goal and create “healthy habits” that will help you establish behaviors to achieve your goal. Progress will be measured with an optional assessment halfway through the program, as well as a required final assessment to complete the program.

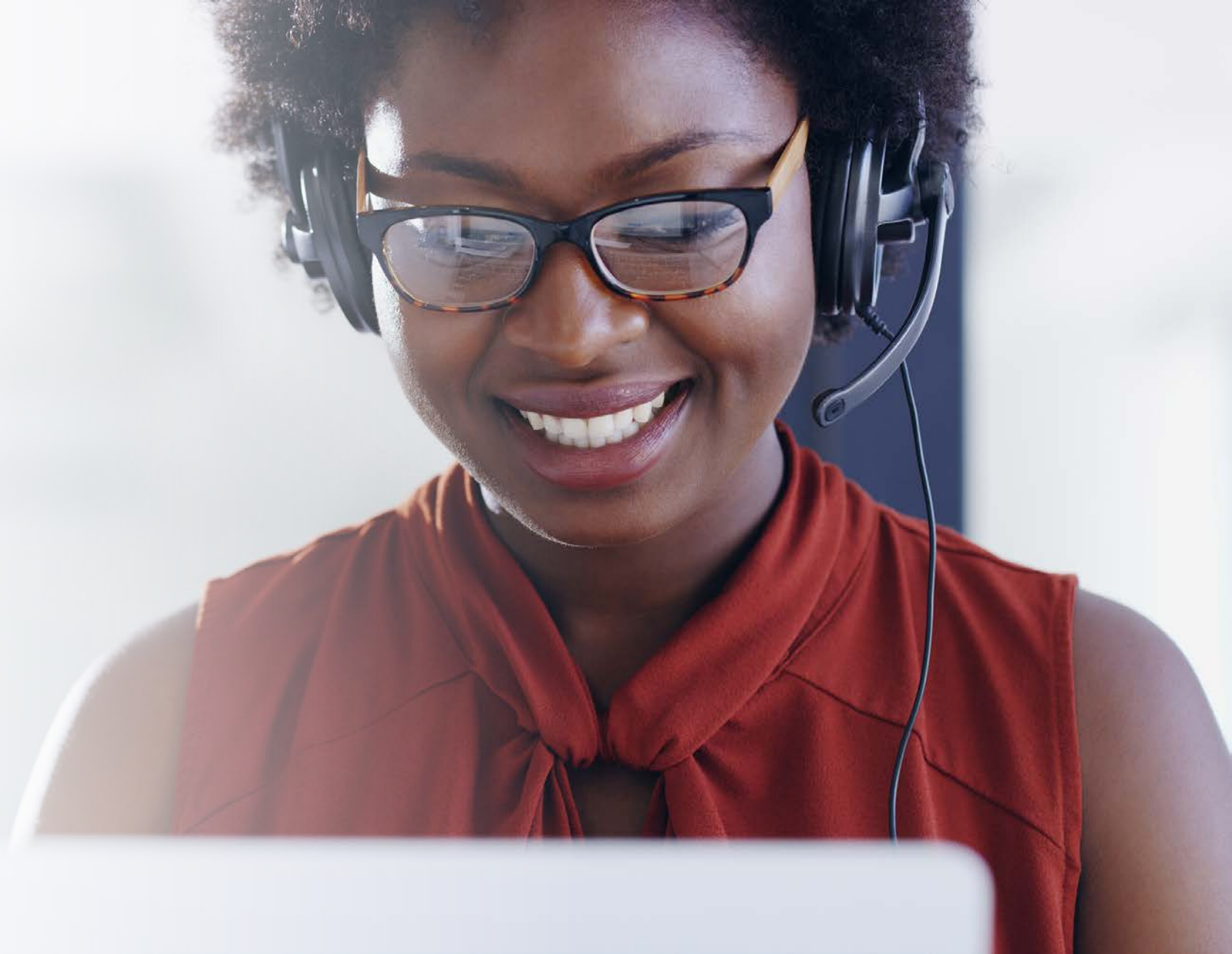
 <p>1000 PTS</p> <h3>Maintaining Your Healthy Weight</h3> <p>Maintaining a healthy weight is important for your overall health. This program provides helpful information to keep you and your weight on track.</p> <p>Get Started!</p> <p>See Detailed Overview</p> <p>★ Recommended</p>	 <p>1000 PTS</p> <h3>Improving Your Blood Pressure</h3> <p>In this program, you'll learn ways to lower and manage your blood pressure. It starts with exercising more, eating healthier, and self-monitoring.</p> <p>Get Started!</p> <p>See Detailed Overview</p>	 <p>1000 PTS</p> <h3>Living With Diabetes</h3> <p>In this program, you'll learn about the basics of diabetes. You'll also learn ways to control your diabetes for the long term.</p> <p>Get Started!</p> <p>See Detailed Overview</p>
 <p>1000 PTS</p> <h3>Managing Your Stress</h3>	 <p>1000 PTS</p> <h3>Improving Your Sleep</h3>	 <p>1000 PTS</p> <h3>Achieving Your Healthy Weight</h3>





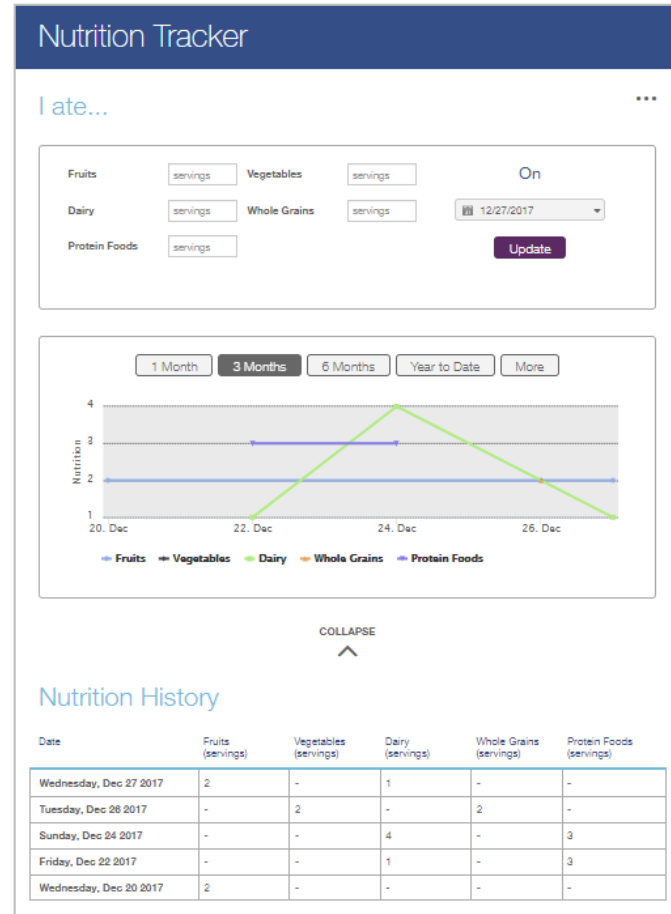
Personalized Coaching

- Physical fitness
- Nutrition
- Blood pressure
- Cholesterol
- Healthy weight
- Stress
- Quit/stay tobacco free



Wellness Goals and Trackers

- Blood pressure
- Cholesterol
- Nutrition
- Oral health
- Physical activity
- Sleep
- Stress
- Tobacco
- Water intake
- Weight



Fitness and Nutrition Device Integration



Apple Health Partners



Samsung Health



Fitbit



Garmin Connect



iHealth



Jawbone UP



Life Fitness



MapMyFitness



Microsoft





Fitness Program

Nationwide network of fitness centers

- No contract required
- Earn Blue Points



Digital Only
 \$10 Monthly fee
 Digital Access Only

Base
 \$19 Monthly fee
 Network Size: 3,000

Core
 \$29 Monthly fee
 Network Size: 7,500

Power
 \$39 Monthly fee
 Network Size: 12,000

Elite
 \$99 Monthly fee
 Network Size: 12,400

Fitness Program

Find a gym by you:

1. Log into Blue Access for Members on www.healthselectoftexas.com.
2. Under Quick links on the left-hand side, click on Fitness Program.
3. Search by zip code under each tier to see what gyms are nearby.

The screenshot displays the Well on Target website interface. At the top, there are navigation links: "My Account", "Learn More", "Locations", "FAQs", and "Enroll Now". A search bar is present with the placeholder text "Search by address, city, or zip code". Below the search bar, there are tabs for "GYMS" and "STUDIOS", with "GYMS" selected. Under "GYMS", there are sub-tabs for "BASE", "CORE", "POWER", and "ELITE", with "ELITE" selected. The main content area shows "25 Gym Locations Nearby" and lists several gyms with their addresses and distances. A map of Austin, TX, is displayed on the right, showing the locations of the gyms. A pop-up window on the map shows the zip code "12371" and the text "GYMS NATIONWIDE" with a "Select Package" button.

Gym Name	Address	Distance
Life Time - Austin Downtown	907 W 5th St 201 Austin, TX 78703	3.43 Miles
Life Time - Austin - North	13725 Ranch Road 620 N Austin, TX 78717	10.43 Miles
Anytime Fitness - Austin, TX 111	2525 W. Anderson Lane Austin, TX 78757	1.47 Miles
Planet Fitness - Austin (W. Anderson Ln.)	1100 W. Anderson Ln. Austin, TX 78757	1.46 Miles



Weight Management Programs



- Pre-recorded lessons any time
- Chat with coaches and online community
- Lose weight and improve health eating the food you enjoy
- Self-monitor eating and activity

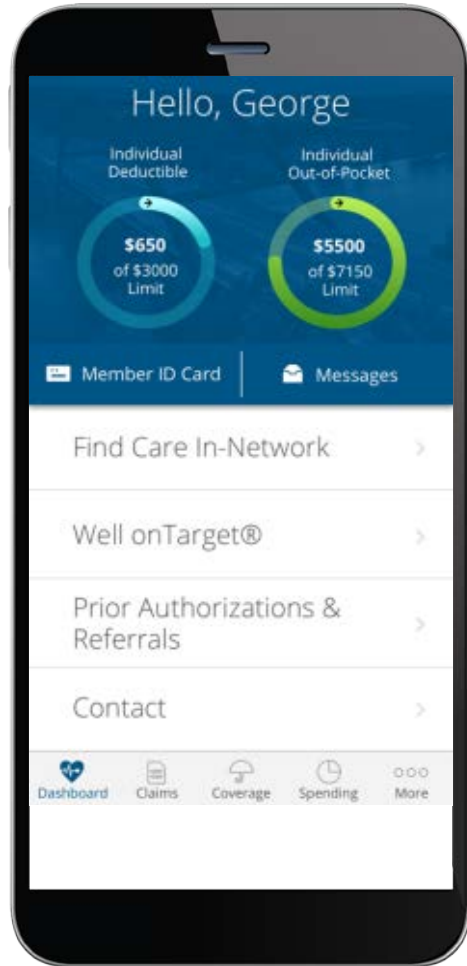
wondrhealth.com/healthselect



- Weekly online meeting with coach
- Chat with online community of coaches and participants
- Adjust eating habits to exclude unhealthy foods
- Track foods and exercise

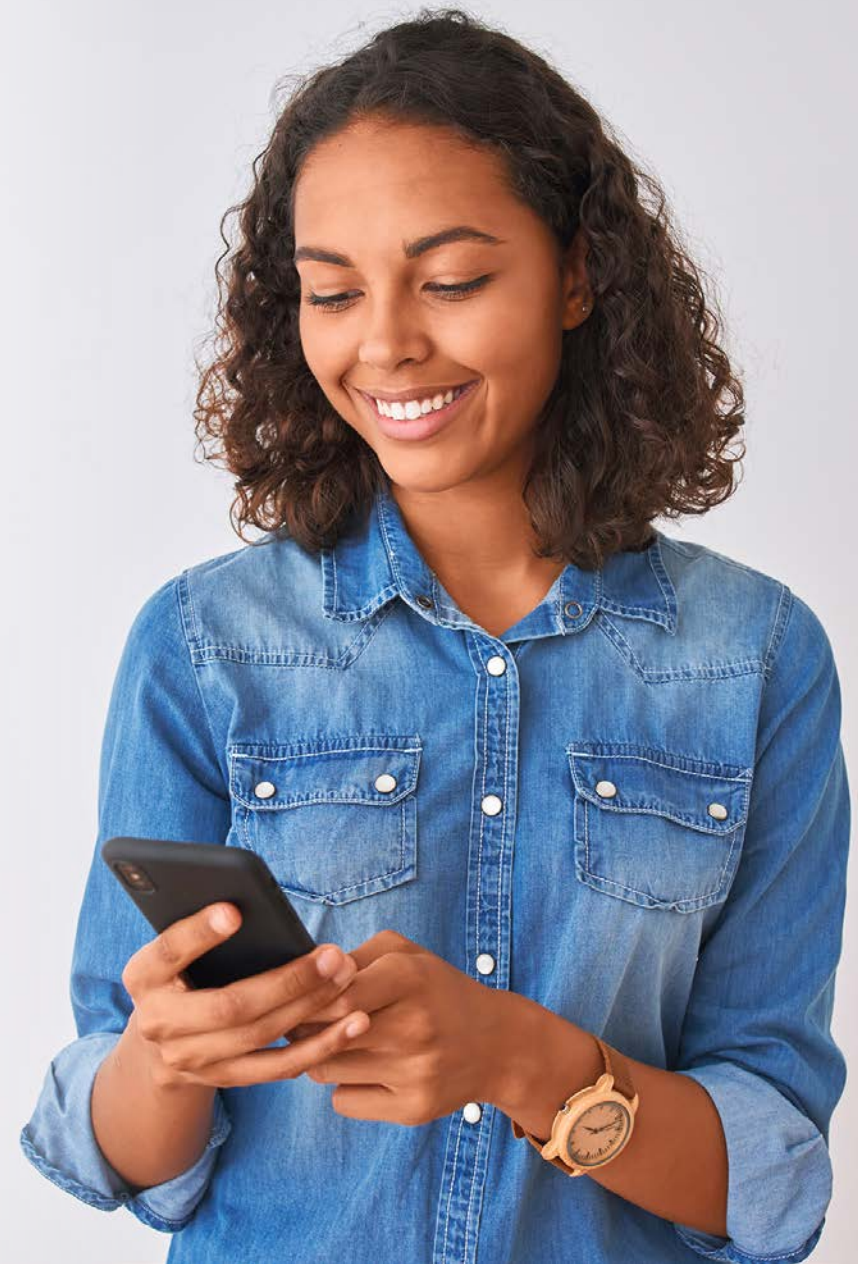
healthselect.realappeal.com

Fitness at your fingertips

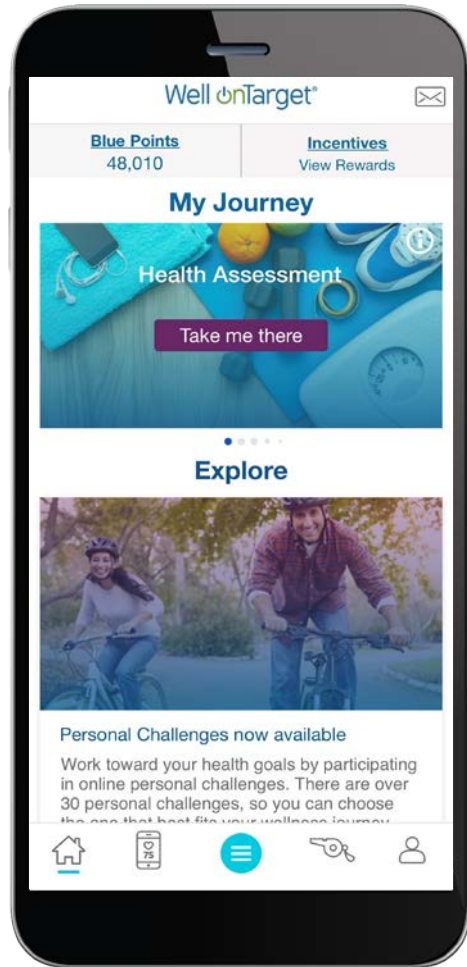


BCBSTX App

- Claims
- Coverage
- Deductible
- Medical ID card



Fitness at your fingertips

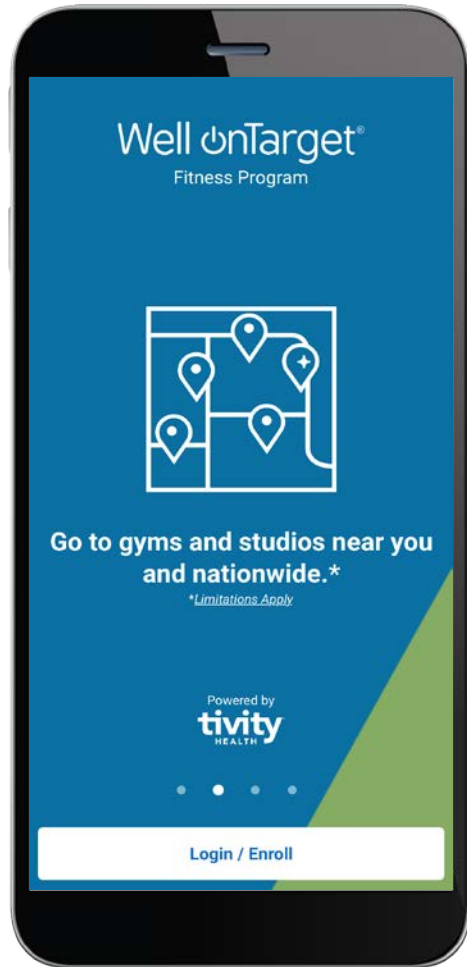


AlwaysOn Wellness App

- Well onTarget to-go
- Health Assessment
- Goal setting
- Progress tracking



Fitness at your fingertips



Well onTarget® Fitness Program App

- Find nearby gym locations
- Access Live virtual fitness classes
- Check in and log your workouts
- Access physical activity history





Thank You



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Disclosures

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. 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.

Participants may choose either weight management program, but can only participate in one program at any given time.

Wondr and Real Appeal are independent companies that have contracted directly with ERS to provide a weight loss and metabolic syndrome reduction program that is covered under some of the health benefit plans. These companies are solely responsible for the products or services offered by them. Your acceptance is not guaranteed.

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

Blue Cross®, Blue Shield® and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Disclosures

Blue365® is a discount program only for BCBSTX members. This is NOT insurance. The services offered through this program are not covered services under your health 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 Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program. BCBSTX does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSTX reserves the right to stop or change this program at any time without notice.

The relationship between these vendors and BCBSTX is that of independent contractors. BCBSTX makes no endorsement, representations or warranties regarding any products or services offered by the above-mentioned vendors.

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.