JOURNEY TO WELLNESS

Free wellness resources available to you and your dependents

HealthSelect[®]

CONSUMER DIRECTED



BlueCross BlueShield of Texas

Presentation Overview

- Well OnTarget[®] participant portal:
 - Health Assessment
 - Self-management programs
 - Personalized coaching
 - Trackers and apps
 - Blue Points[™]

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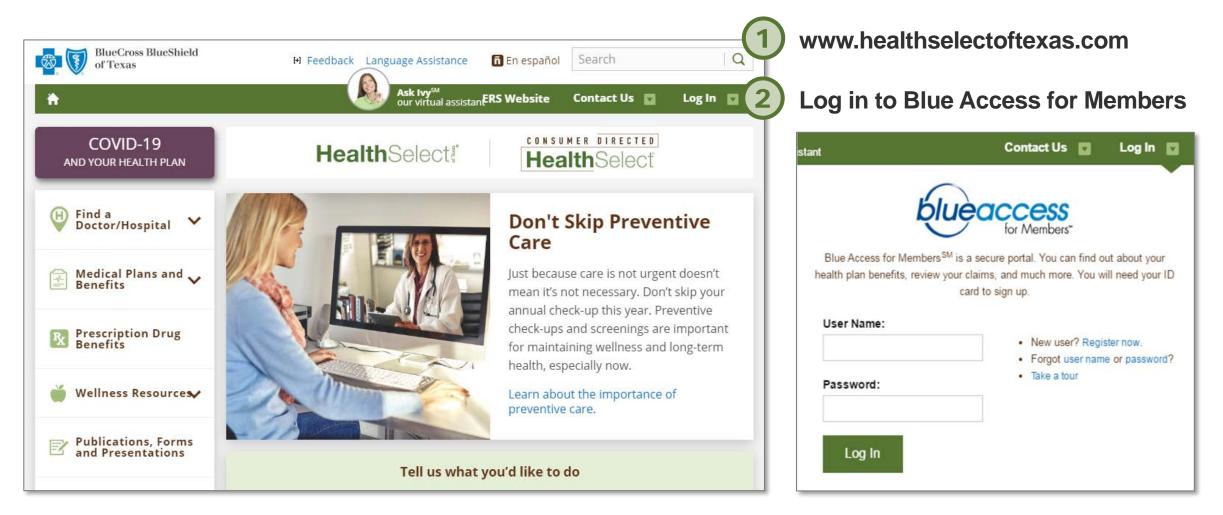
- Fitness Program
- Weight management programs







How to Access Well onTarget via 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)

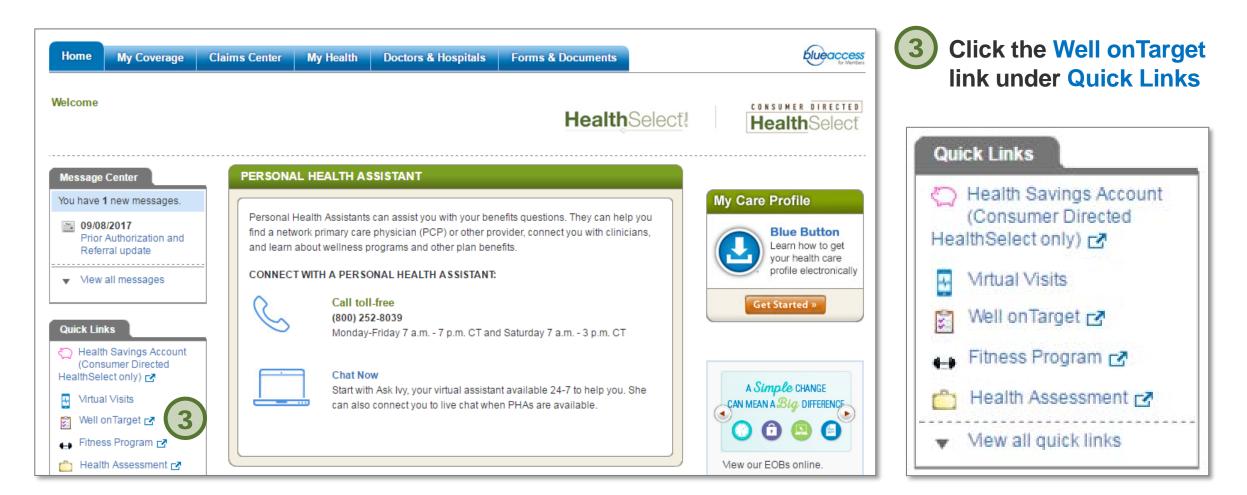
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Health Assessment

15-minute lifestyle-habits questionnaire

Well UnTarget*

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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:

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

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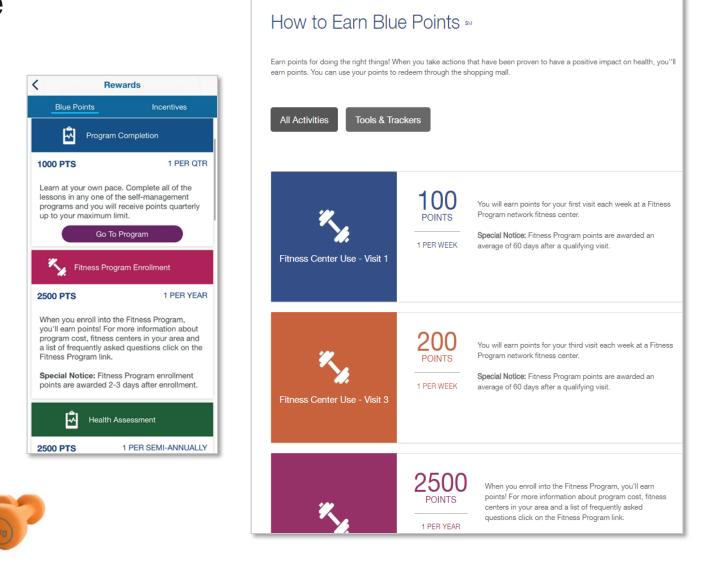


Blue Points – Built-In Incentive

• Health Assessment

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







Self-Management Programs

• Structured

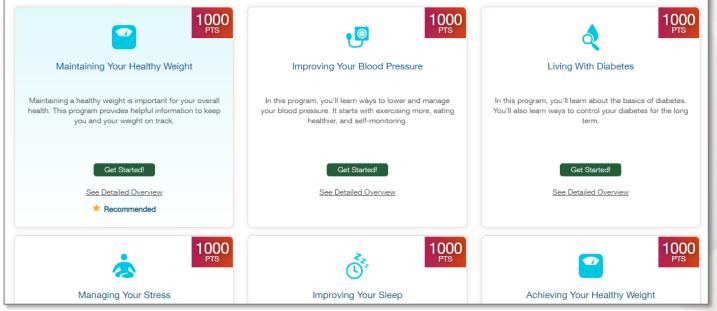
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- Interactive
- E
- Educational

Interactive Programs

• Active

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.









Personalized Coaching

- Physical fitness
- Nutrition

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



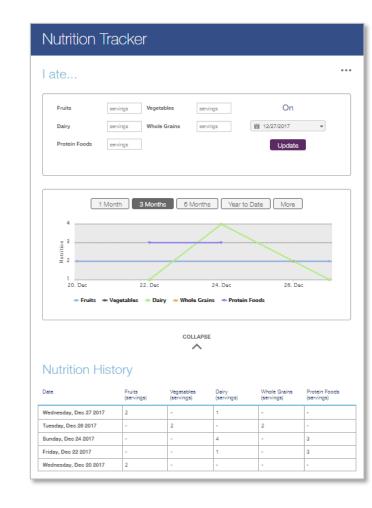






Wellness Goals and Trackers

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









Fitness and Nutrition Device Integration



Apple Health Partners

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Samsung Health



Garmin Connect





Fitbit

Jawbone UP

LifeFithess

Life Fitness



Microsoft







Fitness Program

Nationwide network of fitness centers

- No contract required
- Earn Blue Points

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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		

HealthSelect





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.

Well onTarget			My Account	Learn More	Locations	FAQs Enroll	Now >
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Life Time - Austin - North 13725 Ranch Road 620 N Austin, TX 78717	© ELITE 10.43 Miles	O Bee Ca		West	3 CO Daffan	Manor	UB
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HealthSelect





Weight Management Programs

Wondt^M

- 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

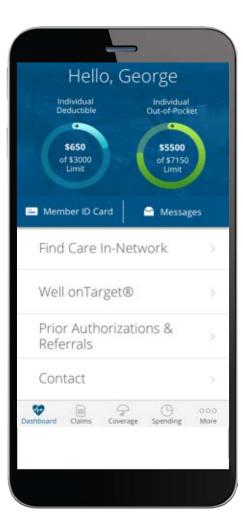
healthselect.realappeal.com

HealthSelect[®]





Fitness at your fingertips



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BCBSTX App

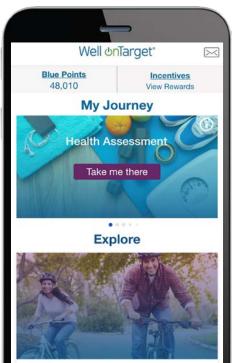
- Claims
- Coverage
- Deductible
- Medical ID card







Fitness at your fingertips



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Personal Challenges now available Work toward your health goals by participating in online personal challenges. There are over 30 personal challenges, so you can choose 8

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AlwaysOn Wellness App

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





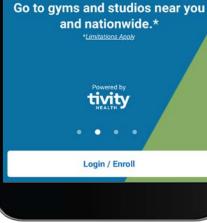


Fitness at your fingertips



Well UnTarget®

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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

HealthSelect[®]

consumer directed HealthSelect



BlueCross BlueShield of Texas

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 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 on Target[®] 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.





