Take advantage of the following wellness tips, resources and programs available as an MSU employee and through your ERS health insurance benefits. Most programs are FREE!

MSU Wellness Center
Show your campus ID for Free Access to the MSU Wellness Center, including free fitness classes.

Worksite Wellness Program
Exercise Program: Allows three 30 minute exercise breaks per week
Wellness Leave: Allows eight hours of wellness leave per fiscal year

Fitness Program
The Fitness Program through BCBSTX is a flexible membership program that gives you and your covered dependents (age 16 and older) unlimited access to a nationwide network of facilities, from gyms and sports facilities to specialty fitness studios, including access to digital fitness videos and live classes.

Weight Management Programs
Managing weight is difficult for many people, but a support system can make it easier. HealthSelect participants can apply to join a weight management program at *no additional cost*. Two different online programs are available: Wondr^{TM} and Real Appeal$^®$

Blue Points – Rewards for Healthy Living
You can earn Blue Points each calendar year for participating in healthy activities. These points can be redeemed for a variety of items including electronics, sporting goods, tools, jewelry, housewares, and more!

Well on Target
Well on Target is a suite of integrated wellness offerings designed to help individuals meet their wellness goals. It includes tools and resources to support your health and wellness.

ERS Walk and Talk
Put on your air pods or headphones and join ERS on a 20-30 minute walk while they talk about health, wellness, and life in general. Listen to our very own Dr. Ted Mitchell, MD, Chancellor of the TTUS and first lady Dr. Janet Tornelli-Mitchell, MD, discuss the importance of Wellness in the Workplace.

ERS Wellness Channel
Whether you are interested in fitness, nutrition, or just learning more about your benefits, there is a webinar for you. Archived recordings are also available.

Wellness Discount Programs – Blue 365
Save money on health and wellness products and services.

Tobacco Cessation
Improve your health and feel better by breaking the habit. Two programs are available to help you depending on where you are in your quit journey. If you are a current tobacco user wanting to quit, Quitting Tobacco is right for you. If you have recently quit and need help staying tobacco free, Staying Tobacco Free is your best fit.

BCBSTX Mental Health Benefits

Medical and Mental Health Virtual Visits
Both medical and mental health virtual visits are available through Doctor On Demand® or MDLIVE® . Virtual Visits are covered at *100%* if you are enrolled in the HealthSelect of Texas® Plan. If you are enrolled in the Consumer Directed HealthSelect Plan, you must meet your annual deductible first and then are responsible for your 20% coinsurance. ***All virtual!***

24/7 Nurseline
If you're not sure where to go for care or you just have a question, call the 24/7 Nurseline to speak with a registered nurse – **1-800-571-0368 (TTY: 711)** Call any time, any day of the week!

24/7 Mental Health Line
Call **1-800-252-8039 (TTY: 711)** and ask to speak with a mental health clinician to get help with a mental health or substance issue *24 hours a day, 7 days a week*!

Preventative Care
Preventive care is proven to be safe and effective in preventing disease. Preventive checkups and screenings can help find illnesses and medical problems early and improve your health.

HealthSelectShoppERS
An incentive program that allows you to save money and earn rewards in a TexFlex^{SM} health care flexible spending account (FSA) when shopping for certain medical services and procedures.

Care Management Programs
Managing your health concerns and figuring out the health care system can feel overwhelming, but there's good news! You don't have to do it on your own. The care management program is a team of dedicated clinicians using a personal approach for addressing your health-related questions.

HR: Health Benefits Information

HR: Wellness Resources

Human Resources Contacts
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