



- **FREE** Personalized coaching – fitness, nutrition, blood pressure, cholesterol, healthy weight, stress, quit/stay tobacco free
- **FREE** Trackers and apps – overall wellness goals at your fingertips!
- **FREE** Blue Points -earn points for completing wellness activities and buy cool stuff with your earned points from the Rewards Catalog!
- **FREE** Weight management programs – Wondr Health and Real Appeal. Wondr Health is a self-paced, pre-recorded program and Real Appeal is a weekly online meeting with a coach.

All of these added value programs are available to you by signing into your Blue Access for Members account. What are you waiting for? Go check it out!

## **New Year – New You!**

If your New Year’s resolution includes improving your overall fitness, you may be interested in participating in the weight management programs or fitness program offered by HealthSelect of Texas.

### **HealthSelect of Texas Offers FREE Weight Management Programs**

HealthSelect of Texas offers two **FREE** weight management programs, [Wondr](#) and [Real Appeal](#).

You are eligible to participate if you are:

- An employee or dependent enrolled in a HealthSelect plan
- 18 or older, and
- Have a BMI of 23 or higher

Choose between the two online programs. Eligible individuals can participate in one program at a time.

You can find out more about these two **FREE** programs [here](#).

### **HealthSelect of Texas Fitness Program**

HealthSelect/BCBSTX also offers a Fitness Program to HealthSelect participants and covered dependents age 16 or older (dependents under age 18 must be accompanied by an adult).

The Fitness Program offers unlimited access to a nationwide network of fitness centers, online fitness videos and virtual fitness classes. Participants pay a one-time enrollment fee plus a monthly fee based on the program option that you choose. No contracts are involved and you can cancel your membership at any time. Learn more on the [BCBSTX Fitness Program page](#).



## **December Wellness - Gratitude**

As 2021 comes to a close and the holiday season is in full swing, we hope that you are taking some time for yourself to reflect:

- What do you value most?
- How are you doing?

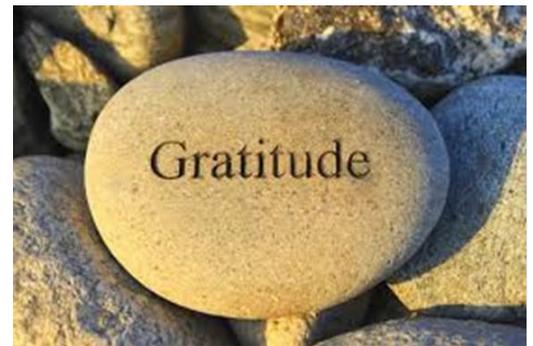
The holiday season can bring on a range of emotions....from joy to melancholy, happiness to sadness, and excitement to overwhelm. All of these emotions are a normal part of being a human.

There is one emotion that can have a profound, positive impact on our mental and physical well-being, if we practice it on a regular basis. That emotion is gratitude, or thankfulness. You can find a guide for starting a daily gratitude practice [here](#).

On December 9th at 10 a.m., we have an opportunity to learn about the science and practical application of gratitude in a webinar on this topic. You can register for the webinar through [this link](#).

And, if you are interested in learning more or building a daily gratitude practice, I hope you will sign up for a 5-day Gratitude Challenge, taking place each morning from 9-9:15 from December 13-17 via Zoom. You can learn more and register to receive updates through [the State Employee Gratitude Challenge Registration Link](#).

Research shows that sharing our gratitude with others is a great way to boost happiness!



## **New Security Feature for HealthSelect Sign-in**

Cybersecurity is a hot topic these days, with hackers stealing valuable information like financial records, social security numbers, health records and more. [Learn about the new way to log in to Blue Access for MembersSM and Well onTarget® that ensures that you—and only you—can access your account.](#)

## **The Road to Wellness: Build a Resilient, Smarter Brain**

Learn about work-life balance from Lacy Wolff, ERS Health Promotion Administrator. Lacy provides information on this subject in her most recent ERS article, [Build a Resilient, Smarter Brain](#).

Lacy also hosts the “ERS Walk and Talk Podcast”. If interested in improving your mental and physical health at the same time, [listen to the “ERS Walk and Talk Podcast” now](#). Choose your favorite podcast app from the list provided, search for ERS Walk and Talk podcast, select from a number of topics, and get to stepping!



## **Certain Brands and Types of Diabetic Supplies at No Cost Under HealthSelect Prescription Drug Program**

If you're in HealthSelect of Texas® or HealthSelect Out-of-StateSM, you will pay nothing for some diabetic supplies such as lancets, lancing devices and OneTouch Ultra® and OneTouch Verio® diabetic test strips under the HealthSelectSM

Prescription Drug Program, administered by OptumRx, when you use an in-network pharmacy and present your prescription drug ID card.

If you're in Consumer Directed HealthSelectSM, lancets, lancing devices, syringes, pen needles and OneTouch Ultra and OneTouch Verio diabetic test strips are available at no cost **after** you meet your annual deductible.



For more information on diabetic supplies, please visit the [ERS website](#).

## Protect Yourself from Illness This Fall

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Flu season is here, and the best way to protect yourself and others from illness is to get the latest flu vaccine. Vaccines can also help reduce the spread of the viruses that may cause severe illness and hospitalizations in some cases.

Remember: it takes about two weeks after getting a vaccine for your body to develop protective antibodies, which is why you shouldn't wait to get your flu shot.

Getting a flu shot will not protect against COVID-19, but it will decrease your chances of getting the flu and its related health risks. You'll need a separate vaccine to protect yourself from COVID-19.

For help finding an in-network provider to get a flu shot, call a BCBSTX 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.

You may also be able to get the flu vaccine at no cost through your HealthSelect prescription drug plan (PDP). For more information about PDP benefits, call toll-free, **(855) 828-9834**.

## New Look for BCBSTX Explanation of Benefits (EOB)

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If you recently got an explanation of benefits (EOB) document from Blue Cross and Blue Shield of Texas (BCBSTX), you may have noticed some changes. [See how the new, streamlined design makes it easier to understand your health care costs.](#)

