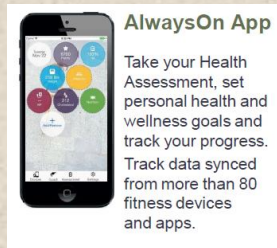
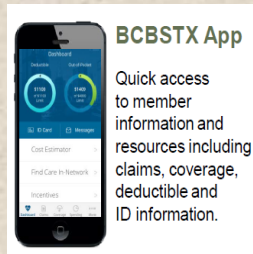


HEALTH AND WELLNESS/INCENTIVES



A new way to experience well-being

The well-being program is centered on you, providing the right mix of tools, resources and programs to meet your health and wellness needs. Whether you are managing a health condition, learning to prepare healthy meals for your family, running your first 5K or simply trying to manage stress, we're here to help.



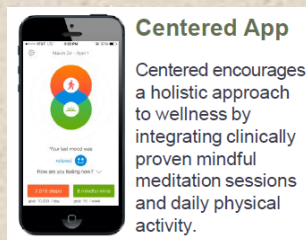
Web and mobile tools

With [Blue Access for Members](#) and the BCBSTX mobile app, your benefits are at your fingertips, wherever you are. Our online tools and app help you stay informed and better manage your health, wellness, and benefits.

Whether you connect on your computer or on your smartphone, you can:

- Find an in-network doctor, hospital or urgent care facility
- Check the costs and quality of doctors and services covered under your plan
- Check the status or history of a claim
- Request a temporary ID card or save a digital copy to your phone

[Blue Access for Members - Tutorial](#)



Holistic Health Management

Managing your health better can pay off in the long run. In our holistic health programs, we look beyond a specific condition or health concern to better understand you, your health and your situation—we look at the whole picture. Working closely with Personal Health Assistants, your assigned clinician will help you manage your health and help you navigate your health care.

Blue Points - Rewards for healthy living

As part of Well onTarget®, you have access to Blue Points. With the Blue Points program, you can spend up to 17,325 points each year for participating in healthy activities. Created with your needs in mind, the Blue Points program offers many convenient, user-friendly, personalized and flexible features.

Tobacco Cessation

Improve your health and the way you feel by breaking the habit.

Quitting Tobacco is a self-directed online program designed to help you quit using tobacco and stay tobacco-free.

Participants who finish the program will receive a certificate of completion and can earn [Blue PointsSM](#). Quitting Tobacco is an eligible ERS [Choose to Quit](#) program.

Take the First Step!

To access Quitting Tobacco:

Access [Well onTarget](#) by logging into your [Blue Access for MembersSM](#) account and clicking on the Well onTarget link on the left side of the homepage under “**Quick Links**”

Click “**Menu**” in the upper left corner

Select “**Courses**”

Select “**Quitting Tobacco**”

For questions or more information about quitting

tobacco, contact a Personal Health Assistant.

Tobacco cessation programs and prescription drugs are available at no cost to eligible members.

Personal Health Assistants are available by phone

Call a Personal Health Assistant **(800) 252-8039**

Monday-Friday 7 a.m.-7 p.m. central time (CT)

Fitness Program

HealthSelect participants and their covered dependents (age 18 and older) have access to a nationwide network of fitness centers at one low cost.

The Fitness Program is a flexible membership program you can use to join more than 9,000 fitness centers with no contract required. The membership fee is \$25 per month with a \$25 enrollment fee. You can cancel your membership at any time by calling (888) 762-2583. [Make Your Fitness Program](#)

[Membership Work for You](#)

Local participating centers include the YMCA, Orthopaedic and Sports Therapy Center, Planet Fitness, and the North Texas Rehabilitation Center.

Weight Management Programs

Participants enrolled in the HealthSelect plan who meet certain eligibility requirements have access to two weight management programs, at no additional cost, under their benefits plan. These programs are available at no cost to eligible employees, spouses and dependents 18 and older (excludes Medicare primary participants) enrolled in HealthSelectSM of Texas or Consumer Directed HealthSelectSM plan, and with a BMI of 23 or higher.* The following materials for Naturally Slim and Real Appeal are available to download. HealthSelect participants can learn more about each program at [Naturally Slim](#) and [Real Appeal](#).

Blue365 Discount Program

Blue365® Discount Program can provide savings to HealthSelect plan participants. With this program, you can save money on health and wellness products and services from top retailers that are not covered by your health plan.

Below are some examples of the deals and savings that are offered through Blue365.

- **Eyeglasses, contact lenses and accessories**
- **Laser vision correction**
- **Hearing tests, evaluations and hearing aids**
- **Weight management solutions**
- **Healthy meal deals**
- **Discounts on fitness brands, wearables and more**

Go to [blue365deals.com/bcbstx](#) for more information on the discounts available and to sign up to receive weekly "Featured Deals" emails.