

# Save money, save time, improve your health

## Health and Wellness Resources for HealthSelect<sup>SM</sup> of Texas Participants and Family Members

Make wellness your destination. Visit [www.bcbstx.com/hs/wellness.html](http://www.bcbstx.com/hs/wellness.html) and click HealthSelect is my health plan.

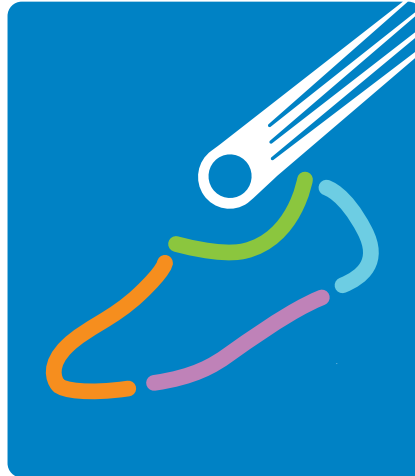
### 24/7 Nurseline

Ask a nurse medical questions and discuss where to go for care 24/7/365. Call (888) 334-9473.



### eCards for Health<sup>SM</sup>

Send a free eCard to friends or loved ones to show you're committed to making a healthy change. Topics range from cutting back on desserts to safe driving. Visit [www.ecardsforhealth.com](http://www.ecardsforhealth.com).



## DESTINATION WELLNESS<sup>SM</sup>

### Disease Management

Get help managing a chronic condition, such as diabetes, high blood pressure, or asthma. Call (800) 462-3275.

### Fitness Program

Get access to a nationwide network of gyms for a \$25 initiation fee and only \$25 per month. Earn Blue Points for each visit. To get started, log in to Blue Access for Members at [www.bcbstx.com/hs](http://www.bcbstx.com/hs) and click the Fitness Program link. Or, call (888) 762-BLUE (2583).



### Special Beginnings<sup>®</sup>

#### Program for Expectant Moms

Pregnant? Want someone to guide you through? Get personal telephone contact with program staff from early pregnancy until six weeks after delivery. Call (888) 421-7781.

### Earn Blue Points<sup>SM</sup> for Rewards

Use your Blue Points for sports equipment, airline miles, and other rewards. Children ages 6-12 can earn Blue Points for books and games.

To get started, log in to Blue Access<sup>®</sup> for Members at [www.bcbstx.com/hs](http://www.bcbstx.com/hs) and click the Personal Health Manager icon.

### Personal Health Manager

In the Personal Health Manager, you can plan meals, enter healthy activity, and use a variety of tools to earn Blue Points.



### Health Risk Assessment

Get a personal health score and earn 2,500 Blue Points every six months. Log in to Blue Access for Members at [www.bcbstx.com/hs](http://www.bcbstx.com/hs) and click the Health Risk Assessment link.

### Weight Loss and Smoking Cessation

Use online Weight Loss or Stop Smoking tools in the For Your Health section of the Personal Health Manager, where you can earn Blue Points and redeem them for rewards. And, if you qualify, you can have access to personal telephone coaching. Call Blue Care Connection at (800) 462-3275.

### BlueExtras<sup>SM</sup> Discounts\*

Get discounts on eyeglasses, hearing aids, gym memberships, and more.

\*ERS cannot and does not guarantee the length of time that a specific type of "Value-Added" product shall be offered. Any questions or concerns about these products should be directed to BCBSTX Customer Service at (800) 252-8039.