

UT CARE Health & Wellness Benefits

Blue Cross and Blue Shield of Texas partners with our Medicare members on preventive care and more effective condition management so you can focus on staying healthy and maintaining your quality of life as you age.

From hearing benefits to mental and physical health programs, we provide the tools and support to keep our Medicare Advantage members young in body and spirit.

Importantly, lifestyle health—things like what we eat, how much we move, our stress levels, the quality of our sleep, and our social ties and activities—plays a major role in avoiding dementia, depression, falls and more. Social isolation, excess weight, and loss of movement can also make chronic conditions worse.

Fully using your plan benefits can help you live more healthfully and happily for longer. So, get the most from your plan by using these benefits regularly—you don't need to wait until you have an issue—to enhance how you feel, move and participate in the world around you.

Airrosti Physical Therapy

Airrosti provides personalized care for acute and chronic musculoskeletal pain and conditions. In-person and virtual treatment plans include assessment and orthopedic testing, conservative manual treatment, and personalized, active rehab. At-home exercises are designed to speed recovery and prevent future injuries.

Use Airrosti to address muscle and joint pain to speed recovery from an injury or illness. Limit your downtime and get back to the activities you enjoy.

Visit **www.airrosti.com** for more information including locations and virtual care.

Blue365® Discount Program

Save money on health and wellness products and services such as contacts, fitness devices, glasses, healthy meals, hearing aids, shoes, and more from trusted retailers. Availability of discounts is subject to change.

Save on products that can help with nutrition, movement, oral care and more.

See all the deals and learn more at **www.blue365deals.com/bcbstx**.

Hearing Care

Use your hearing benefit to ensure you are a part of all the special moments with friends and family. Through our partnership with TruHearing®, your plan covers a routine hearing exam with a \$0 copay and a \$2,000 hear aid allowance for both ears over 36 months.

Check your Summary of Benefits for details about what your plan covers.

Use TruHearing so you don't miss the conversation!

Visit the TruHearing website at **www.truhearing.com** or call **1-844-855-9536 (TTY 711)** to learn more.

Learn to Live® | Mental Health Support

Life can be hard, and we all experience stress, loneliness, depression and other mental health challenges differently. Learn to Live offers tools and professional help for getting through life's difficulties. Digital mental health programs from Learn to Live can help get your mental health on track so you can feel better and enjoy life more.

Learn new skills to break old patterns that may be holding you back.

Visit the Learn to Live website at [learntolive.com](https://www.learntolive.com) or call **1-800-406-7457**.

Seasons of Life Claims Support

Seasons of Life is an outreach program that provides personalized claims resolution assistance to you and your dependents when dealing with the death of a loved one.

If you have experienced the loss of a loved one, help is available to walk you through any insurance issues you may be facing.

Outreach is proactive, or you can call the number on the back of your member ID card to learn more.

Wondr | Digital Weight Loss Program

Wondr is a weekly, self-paced online program that teaches you helpful skills for improved long-term health. Nutrition and weight management play a key role in our overall health and movement. Wondr can help you lose weight and keep it off. It can also reduce your risk for serious conditions like diabetes and heart disease.

Fuel your life and become more active no matter where you start.

For more information, visit www.wondrhealth.com or call **1-855-999-7549**.

Check your plan documents for more information or call the Education Helpline at **1-877-842-7562** TTY 711. Help is available 24 hours per day, 7 days per week except Thanksgiving and Christmas Day.

This is not a complete description of benefits. Please refer to your plan documents for details.

The relationship between these vendors and Blue Cross and Blue Shield of Texas is that of independent contractors. BCBSTX makes no endorsement, representations or warranties regarding any products or services offered by the above-mentioned vendors.

Blue365 is a discount program only for BCBSTX members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Employees should check their benefit booklet or call the Customer Service number on the back of their ID card for specific benefit facts. 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. Hearing services are provided by American Hearing Benefits, Beltone™, HearUSA and TruHearing®. Vision services are provided by ContactsDirect®, Croakies, Davis VisionSM, EyeMed Vision Care, Glasses.com, Jonathan Paul Fitovers and LasikPlus®.

TruHearing® is a registered trademark of TruHearing, Inc., which is an independent company providing discounts on hearing aids.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an educational program and should not be considered medical treatment.

Virtual Visits may be limited by plan. For providers licensed in New Mexico and the District of Columbia, Urgent Care service is limited to interactive online video; Behavioral Health service requires video for the initial visit but may use video or audio for follow-up visits, based on the provider's clinical judgment. Behavioral Health is not available on all plans.

MDLIVE is a separate company that operates and administers Virtual Visits for Blue Cross and Blue Shield of Texas. MDLIVE is solely responsible for its operations and for those of its contracted providers. MDLIVE® and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without permission.

SilverSneakers® is a wellness program owned and operated by Tivity Health, Inc., an independent company.

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Wondr Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide metabolic syndrome reduction program for members with coverage through BCBSTX.

PPO plans provided by Blue Cross and Blue Shield of Texas, which refers to Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC) and HCSC Insurance Services Company (HISC). PPO employer/union group plans provided by Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC). HCSC and HISC are Independent Licensees of the Blue Cross and Blue Shield Association. HCSC and HISC are Medicare Advantage organizations with a Medicare contract. Enrollment in these plans depends on contract renewal.