

HealthSelectSM of Texas

Participants can:

- Get support for managing chronic conditions like diabetes, heart failure, coronary artery disease (CAD), asthma and chronic obstructive pulmonary disease (COPD).
- Enroll in health coaching programs for diabetes, exercise, nutrition, heart health, stress management, tobacco cessation and weight management.
- Get support making informed choices about treatment options for services related to coronary disease, chronic back pain, hip or knee replacement, benign prostate disease, prostate and breast cancer, benign uterine condition, endometriosis and fibroids.
- Enroll in the Healthy Pregnancy program and get 24-hour access to experienced nurses, the online Healthy Pregnancy Owner's Manual, and other materials, as well as money-saving coupons.
- Sign up for the Healthy Mind Healthy Body[®] award-winning newsletter, which provides health and wellness news and brief updates on relevant and timely health topics, as well as an Ask the Doctor section, where a respected health professional answers your health questions.

Online health and wellness tools

Go to www.healthselectoftexas.com and log in to your personal myuhc.com/hs account to access the following health and wellness information and tools:

- Take the online health assessment to identify your personal health needs and learn healthy habits.
- Create and use your Personal Health Record to confidentially track doctor's visits, immunizations, and diagnoses.
- Take online health quizzes and download fact sheets about common health questions.

- Watch educational videos on a variety of wellness topics.
- View your and your family's claims history.
- Have an online chat with a nurse.
- Watch Wellness Days, an online festival of good health and wellness through Health Care Lane[®].
- Access the multicultural centers of excellence by visiting www.uhclatino.com, www.uhcgenerations.com, and www.uhcasian.com.

Health and wellness discounts

Enjoy a healthy lifestyle for less with discounted products and services, including fitness club memberships, weight loss programs, teeth whitening, acupuncture, massage therapy, laser eye surgery and more. Access the health discount program online at www.healthselectoftexas.com. Log in to your myuhc.com/hs account, and click on Extra Programs and Health Allies.

Members have access to:

HealthSelectSM of Texas Medicare Advantage Plan

- SilverSneakers fitness program
- QuitNet tobacco cessation program
- Well Dine precooked meals delivered after an overnight stay in a hospital or skilled nursing facility
- Hearing discount for cost savings on hearing aids

Visit www.humana.com/ersmedicareadvantage to learn more about these and other health and wellness programs available to you.



The Texas Employees Group Benefits Program offers a full menu of scientifically based health and wellness programs for state employees and their families:

- Health assessments
- Diabetes lifestyle
- Exercise
- Heart healthy lifestyle
- Nutrition
- Smoking cessation
- Weight management
- Stress management
- Disease management
- Healthy pregnancy

Get Physical

Did you know that even moderate exercise helps prevent or delay disease and disabilities? Be sure to warm up before exercising. Stretch your muscles slowly. Try a little slow walking and light arm pumping. When doing endurance activities that make you sweat, drink plenty of liquids, especially water or drinks that contain electrolytes. Avoid holding your breath while exercising.

Source: www.seniors.gov



Participants can enroll in The Healthy for Life program for access to:

- MyKelseyOnline to conveniently schedule appointments, send messages to your doctor and more
- Healthy Living eNews monthly email newsletter
- Health information centers and group classes with free information on important health topics

Visit www.kelseycareadvantage.com/ERS to learn more.



COMMUNITY FIRST
HEALTH PLANS



SCOTT & WHITE
HEALTH PLAN

- Disease management programs for those with chronic conditions
- Online health management and medical information resources
- Discounts on gyms, massage therapy, acupuncture and vitamins
- Coaching for weight loss, nutrition, smoking cessation and stress
- 24-hour nurse lines
- Vision and hearing discounts

To find out more about what your health plan offers, go to the ERS home page, www.ers.state.tx.us, click Employees or Retirees at the top, and then click Wellness.

KelseyCare[®]
powered by



Care Management Programs

- Asthma
- Diabetes
- High-risk pregnancy

KelseyCare Concierge

- Personalized assistance in scheduling appointments and selecting physicians
- Assistance in finding nearby clinic locations
- Guidance regarding specific services available at each clinic location
- Expert help addressing your questions and concerns regarding the KelseyCare plan

Call the KelseyCare Concierge at (713) 442-1ERS (1377) or toll-free (855) 442-1ERS (1377), 8 a.m. - 5 p.m., Monday - Friday.