



HealthSelect[®] of Texas[®]

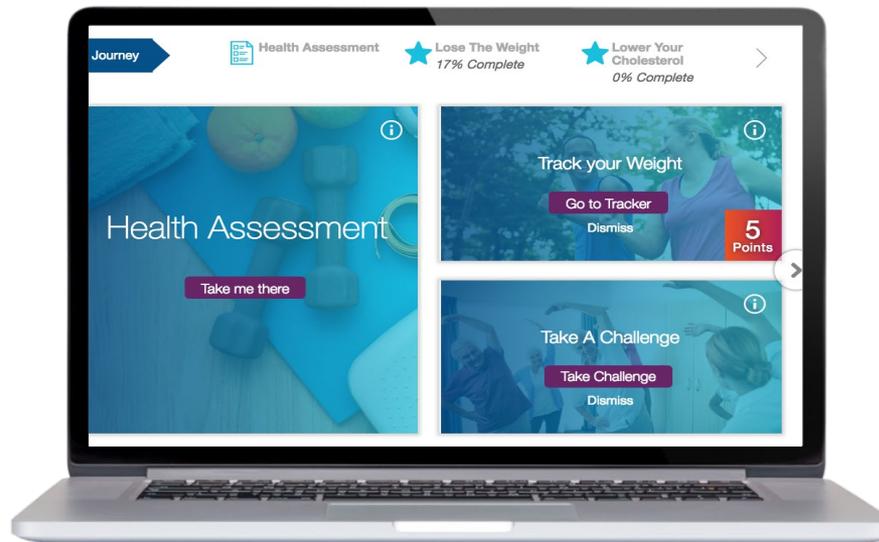
Staying Connected: Fitness and You



Well onTarget[®] Participant Portal

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Well onTarget offers personalized tools and resources to help you, no matter where you may be on the path to health and wellness.



Support to make healthy choices. Rewards for your hard work.

Self-Management Programs

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Self-management programs provide a structured set of activities, support resources and information.

Fitness-related content

- Healthy Aging podcast
- More Movement podcast
- Achieving Your Healthy Weight
- Enhancing Your Physical Activity
- Healthy Bones and Joints
- Nutrition for Better Health

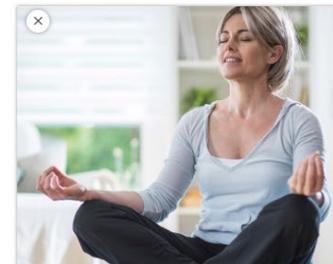
Explore



Video

Stress Management: Using Yoga to Relax

Watch this video to learn two simple yoga poses that can help reduce stress.



Article

Yoga

Hatha yoga includes meditation and exercises to help you improve flexibility and breathing, decrease stress, and maintain health. Read this...[Read More](#)



Article

Sleep and Your Body Clock

The body's "biological clock" can be affected by light or darkness, which can make the body think it is time to sleep or wake up. Learn mor...[Read More](#)

Personalized Coaching

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Reach your goals

- Health intervention coaching can help you improve your physical fitness, nutrition, blood pressure and cholesterol
- Get support for losing weight or maintaining your weight
- Learn creative ways to manage stress
- Stay connected to your coach through multiple modes of communication





Fitness Program

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- Nationwide network of leading national, regional and local fitness centers with no contract required
- \$25 monthly membership fee and \$25 one-time enrollment fee
- Earn Blue Points when you join and each time you work out

Search for a list of gyms in your area
<https://www.bcbsilforyourhealth.com>

The Fitness Program and its discounts on alternative medicine and services are provided through Blue Cross and Blue Shield of Texas (BCBSTX) to HealthSelect of Texas[®] participants. The program and its discounts are not covered health services under the HealthSelect of Texas plan. Please refer to your Master Benefits Plan Document or call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039** for specific information about your plan's covered benefits. Use of the Fitness Program does not affect your health insurance premium, nor do costs of Fitness Program services or products count toward your calendar year or lifetime maximums and/or plan deductibles. Members are responsible for all fees, dues, taxes and other charges related to the Fitness Program. Refer to the program terms and conditions for further details. BCBSTX does not guarantee or make any claims or recommendations regarding the services or products offered under the Fitness Program. You may want to consult with your physician prior to use of these services and products. BCBSTX reserves the right to discontinue or change this discount program at any time without notice. The Fitness Program is provided by Tivity Health[™], an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

Blue PointsSM – Built-In Incentive

Instant recognition and rewards

Activities that earn points

- Health assessment completion
- Self-management programs
- Fitness Program visits
- Use of online trackers
- Synching and using a fitness device or app

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal at wellontarget.com for further information.

How to Earn Blue Points SM

Earn points for doing the right things! When you take actions that have been proven to have a positive impact on health, you'll earn points. You can use your points to redeem through the shopping mall.

[All Activities](#) [Tools & Trackers](#)

 Fitness Center Use - Visit 1	100 POINTS 1 PER WEEK	You will earn points for your first visit each week at a Fitness Program network fitness center. Special Notice: Fitness Program points are awarded an average of 60 days after a qualifying visit.
 Fitness Center Use - Visit 3	200 POINTS 1 PER WEEK	You will earn points for your third visit each week at a Fitness Program network fitness center. Special Notice: Fitness Program points are awarded an average of 60 days after a qualifying visit.
	2500 POINTS 1 PER YEAR	When you enroll into the Fitness Program, you'll earn points! For more information about program cost, fitness centers in your area and a list of frequently asked questions click on the Fitness Program link.

How to Access Well onTarget

via Blue Access for MembersSM

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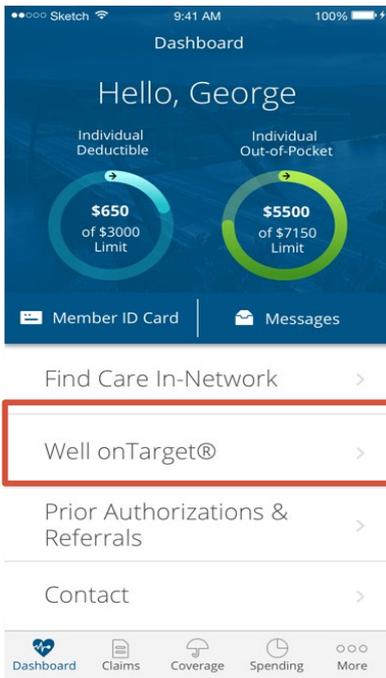
The screenshot shows the HealthSelect website interface. At the top, there is a navigation bar with the BlueCross BlueShield of Texas logo, language assistance options (English and Spanish), and a search bar. Below the navigation bar, there is a green header with a home icon, a virtual assistant icon labeled 'Ask Ivy', and 'Contact Us' and 'Log In' buttons. The main content area features a large orange-bordered box containing the 'blueaccess for Members' logo and a login form. The form includes fields for 'User Name' and 'Password', a 'Log In' button, and links for 'New user? Register now.', 'Forgot user name or password?', and 'Take a tour'. To the left of the login box is a sidebar with various service categories like 'Find a Doctor/Hospital', 'HealthSelect Plans', 'Consumer Directed HealthSelect', 'Medical Benefits', 'Prescription Drug Benefits', and 'Health and Wellness/Incentives'. Below the login box, there are three buttons: 'Find a Provider', 'Continuing and Transitioning Care', and 'Blue Points'.

To register you will need your ID number on the front of your ID card OR you can call a BCBSTX Personal Health Assistant toll-free at (800) 252-8039.

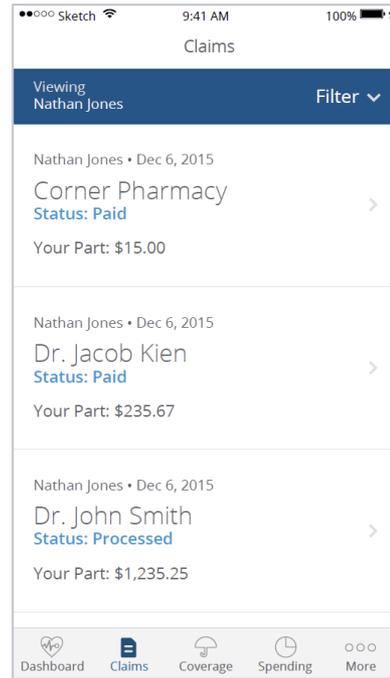
- Access Blue Access for Members at www.healthselectoftexas.com
- Registered Users, enter **User Name** and **Password**
- New Users, click **Register now**

Mobile Access

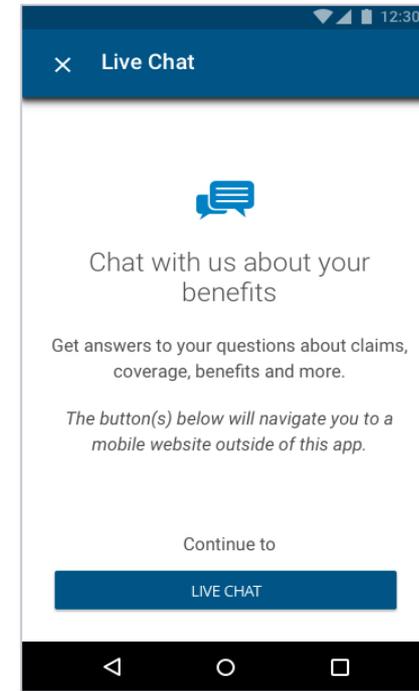
BCBSTX App – Text BCBSTXAPP to 33633



Dashboard



See claims and EOBs



Live chat

BCBSTX Personal Health Assistants

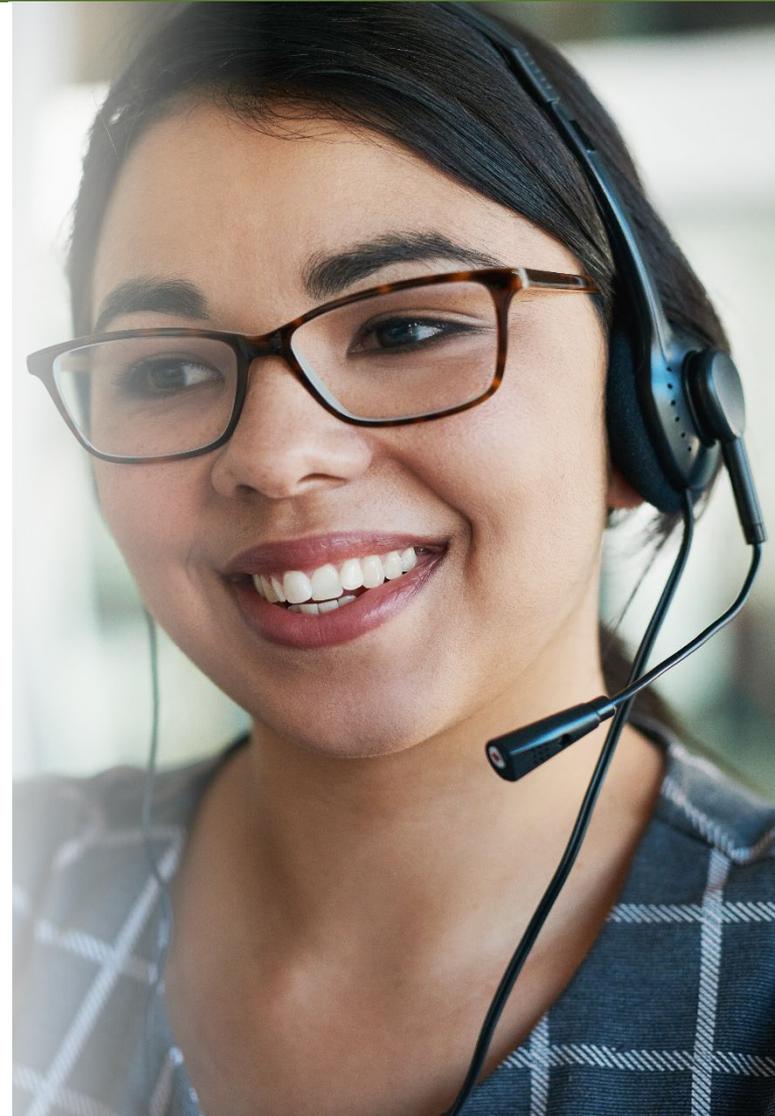
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- Answer questions about benefits
 - Assist with prior authorizations and referrals
- Explain health care costs and options for care
 - Locate in-network options
 - Schedule or cancel appointments
- Help you use self-service tools
- Connect you to other resources
 - Clinicians
 - Community resources

Call toll-free: (800) 252-8039

Monday–Friday: 7 a.m. - 7 p.m.

Saturday: 7 a.m. - 3 p.m. CT





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Thank you for your time