



Fitness and You

Scott and White Health Plan (SWHP)
Wellness Benefits

State of Texas and Higher Education
Employees, Retirees and Dependents



ers.swhp.org



Wellness Assessment

- Online wellness assessment helps you take steps toward a healthier life
- Self-paced Lifestyle Management Program includes learning about:
 - Weight management
 - Smoking cessation
 - Stress or pain management
 - And more



MyBSWHealth

All your healthcare and insurance information in one place

- Find a physician, schedule appointments
- Obtain test results
- Track deductible, out-of-pocket max
- Pay bills, check claims, review benefits
- Manage, refill prescriptions
- Message care team and receive timely response

Create an account at **MyBSWHealth.com**

E-Visits

EASY, ONLINE DIAGNOSIS

Our E-Visit service enables you to get an online diagnosis and treatment plan for common medical conditions. How does it work?



ONLINE INTERVIEW



DIAGNOSIS BY A
CLINICIAN



RESPONSE WITHIN ONE
HOUR



PRESCRIPTION
ORDERED IF NEEDED

- Cold or flu
- Allergies/sinus-related issues
- Skin conditions
- Tobacco cessation
- Stomach and digestive issues
- Minor eye conditions
- Women's health

Sign in at MyBSWHealth.com and click on eVisit

CONVENIENT CARE
OPTIONS



eVisit



In-Person



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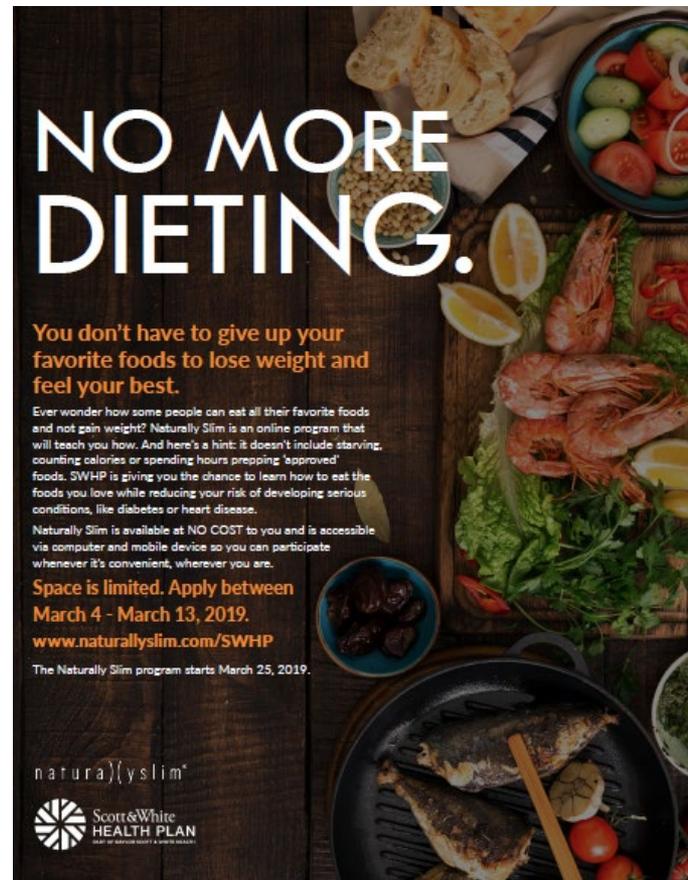
What is Naturally Slim?

An online-based weight loss program. Enrollees are able to log in and participate at a time that works best for them!

- Access to program content for a year
- Online support from coaches
- Program support materials delivered



What is Naturally Slim?



NO MORE DIETING.

You don't have to give up your favorite foods to lose weight and feel your best.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping "approved" foods. SWHP is giving you the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.

Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Space is limited. Apply between March 4 - March 13, 2019.
www.naturallyslim.com/SWHP

The Naturally Slim program starts March 25, 2019.

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 **Scott & White HEALTH PLAN**
Member of the Scott & White Health System

<https://vimeo.com/276244872>

What is Naturally Slim?



Who can join the program?

- Scott and White Health Plan members and dependents, 18 years or older
- Internet access on computer, tablet or phone
- Complete the online form to get started
 - Enrollment periods: September 2019, January 2020, May 2020



[iOS App](#)

[Android App](#)

Nurse Advice Line

Available 24 hours a day, 365 days a year

- Ask questions and receive:
 - Information about self-care
 - Help deciding if you need an appointment, an urgent care visit, or an emergency room visit
- Find contact information at the back of the member ID card or log in to your account at ers.swhp.org





Customer Service

(800) 321-7947

7 a.m. – 7 p.m. CT Monday-Friday

ers.swhp.org

SWHP Nurse Advice Line

(877) 505-7947

24 hours a day, seven days a week

E-Visits

MyBSWHealth.com

8 am – 8 pm, seven days a week