HealthSelect of Texas®

Welcome to HealthSelect℠ Secondary

January 1 – December 31

2020

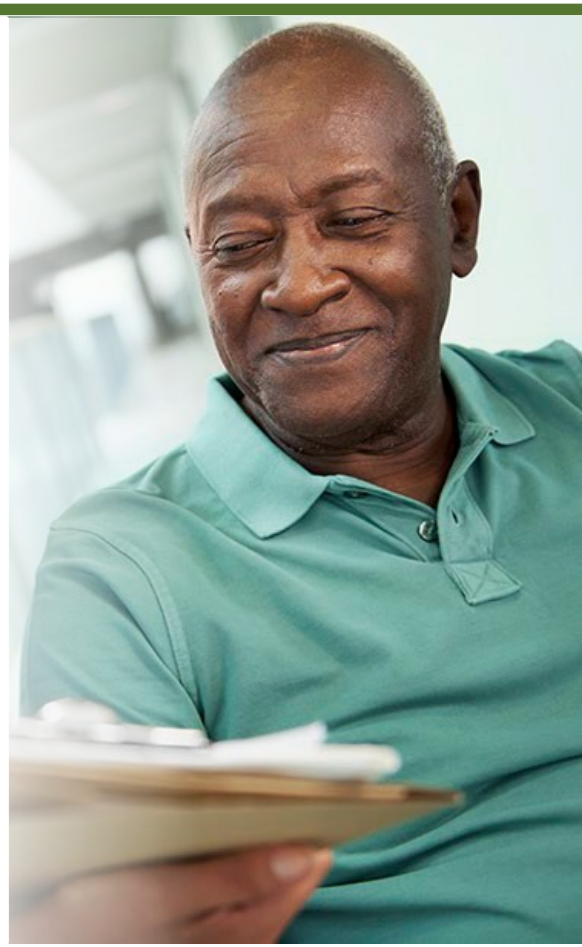
ERS® Employees Retirement System of Texas

BlueCross BlueShield of Texas

HealthSelect Secondary Basics

HealthSelect Pays for Services after Medicare

- Who is eligible?
- Coordination of Benefits
- $200 deductible per person, $600 per family
- Preventive services are covered at 100%
- You do not need to choose a primary care provider (PCP)
- You do not need referrals
- Visit **www.Medicare.gov** to locate a provider



BCBSTX Personal Health Assistants

HealthSelect of Texas®

- Answer questions about benefits
- 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
  - Wellness programs

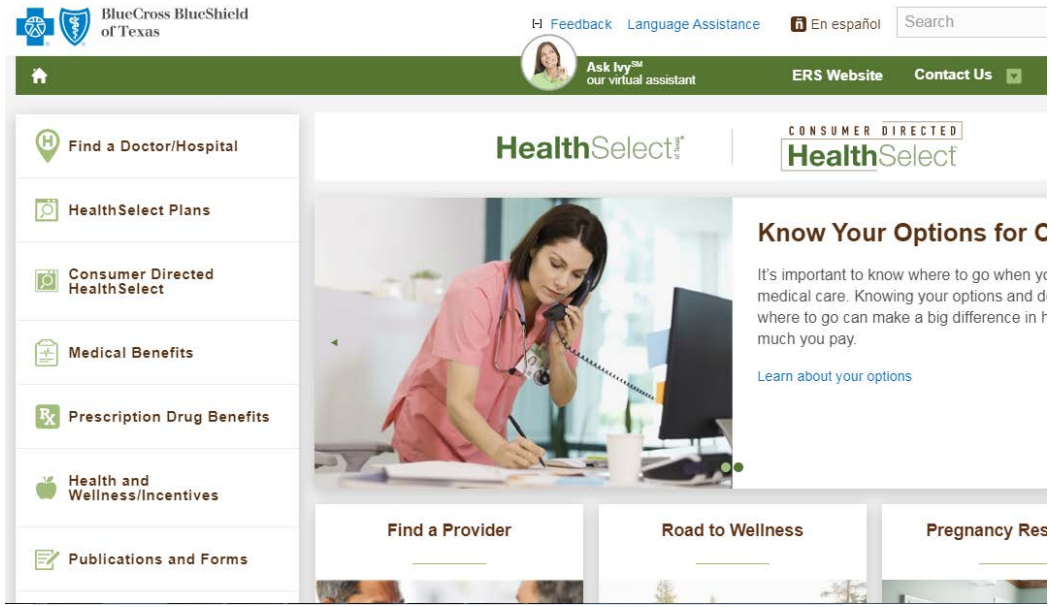
Toll-free: (800) 252-8039

Monday - Friday: 7 a.m. - 7 p.m.

Saturday 7 a.m. - 3:00 p.m. CT

HealthSelect Website

HealthSelect of Texas



www.healthselectoftexas.com

- Find a provider
- Get plan information
- Get the latest news and updates
- Learn about health and wellness resources
- Download forms and documents
- Remember – If you have Medicare Primary visit **Medicare.gov** to be sure your provider accepts Medicare assignment

Participant Portal

HealthSelect of Texas®

Blue Access for Members℠

- Use your ID card to create a personalized account
- View your claims and download your Coordination of Benefits Summary
- Download a temporary ID card
- Manage your health and wellness benefits

www.healthselectoftexas.com

Care Management Program

HealthSelect of Texas®

Contact BCBSTX toll-free at (800) 252-8039 between 8 a.m. and 6:30 p.m. CT Monday - Friday and ask to speak with a clinician.

Virtual Visits

HealthSelect of Texas®

Choose from two providers:

Doctor On Demand®
doctorondemand.com
(800) 997-6196

MDLIVE®
mdlive.com/healthselect
(800) 770-5531

Create your account and get started:

- Visit the provider websites or …
- Download the Doctor On Demand or MDLIVE apps
- Have your medical ID card handy to create your account

Medical Virtual Visits

HealthSelect of Texas®

- Consult with a board-certified doctor anytime online
- Get treatment for non-emergency medical conditions such as cold, flu, sore throat or respiratory infection
- There is no cost to you for medical virtual visits

Mental Health Virtual Visits

HealthSelect of Texas®

- You can make an appointment to consult with a mental health professional online
- Benefit coverage is the same as an in-office mental health visit
- Examples of conditions that can be treated:
  - Anxiety
  - Depression
  - Relationship Issues
  - Trauma & Loss
  - Family & Parenting
  - Addiction
  - Substance Abuse
  - Anger Management
  - Insomnia

Well onTarget®

HealthSelect of Texas®

- Online wellness portal
- Offers personalized resources to support you on your wellness journey
- Enroll in self-management programs on topics such as losing weight, quitting tobacco and managing stress
- Earn Blue Points℠

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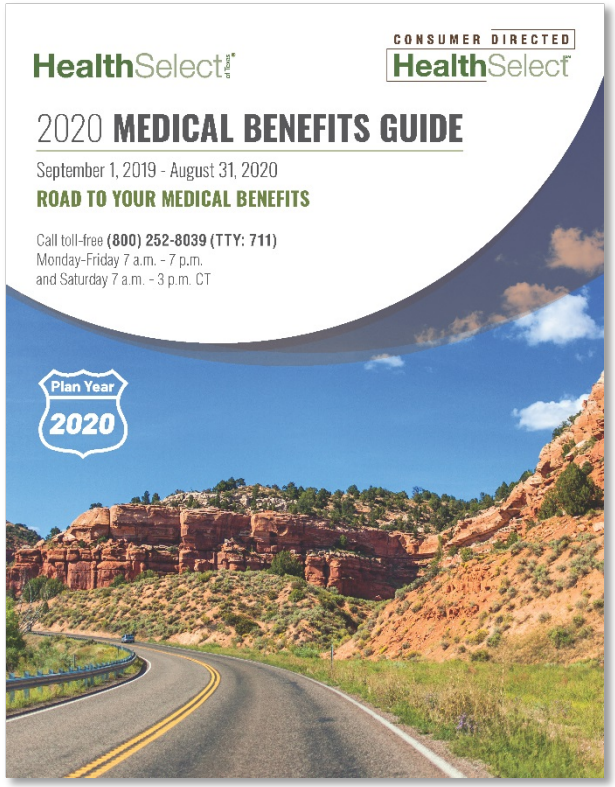
Fitness Program

HealthSelect of Texas®

- Access to more than 10,000 fitness centers with no contract required
- $25 per month, after a one-time $25 enrollment fee, plus tax, per member
- Discounts for alternative care providers such as: massage therapists, personal trainers and nutrition counselors
- It's easy to join, just call **(888) 762-BLUE (2583)** toll-free, Monday through Friday, 8 a.m. - 9 p.m., in any U.S. time zone

HealthSelect of Texas®



Thank You

BCBSTX Personal Health Assistants

Toll-free: (800) 252-8039

Monday - Friday: 7 a.m. - 7 p.m.

Saturday 7 a.m. - 3:00 p.m. CT

If you don't already have a copy of the Medical Benefits Guide, visit: www.bcbstxcommunications.com/healthselect/benefits/ or click on the www.healthselectoftexas.com website homepage banner to access a digital copy.

You can also ask for a copy by calling a BCBSTX Personal Health Assistant toll-free at (800) 252-8039.

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[1]In the event of an emergency, this service should not take the place of an emergency room or urgent care center. MDLIVE and Doctor On Demand doctors do not take the place of your primary care doctor. MDLIVE and Doctor On Demand are independent companies that operate and administer the virtual visit program and are solely responsible for their operations and that of their contracted providers. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE, Inc. and may not be used without written permission The telemedicine services made available through Doctor On Demand are provided by licensed physicians practicing within a group of independently owned professional practices collectively known as "Doctor On Demand Professionals". These professional practices provide services via the Doctor On Demand telehealth platform. Doctor On Demand, Inc. does not itself provide any physician, mental health or other healthcare provider services. MDLIVE is not an insurance product nor a prescription fulfillment warehouse. MDLIVE does not guarantee that a prescription will be written. MDLIVE and Doctor On Demand do not prescribe DEA-controlled substances, non-therapeutic drugs and certain other drugs that may be harmful because of their potential for abuse. MDLIVE physicians reserve the right to deny care for potential misuse of services. Internet/Wi-Fi connection is needed for computer access. Data charges may apply when using your tablet or smartphone. Check your phone carrier's plan for details. MDLIVE operates subject to state regulations and may not be available in certain states. Non-emergency medical service in Idaho, Montana, New Mexico and Oklahoma is limited to interactive audio/video (video only), along with the ability to prescribe. Non-emergency medical service in Arkansas is limited to interactive audio/video (video only) for initial consultation, along with the ability to prescribe. Service availability depends on location at the time of consultation.

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[3]Naturally Slim and Real Appeal are independent companies that contract directly with ERS to provide wellness services for the HealthSelect of Texas and Consumer Directed HealthSelect plans. They are solely responsible for the products and services that they provide.

[4]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.

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