

By Lacy Wolff, ERS Health Promotion Administrator



On average, a human heart beats more than 2.5 billion times in the span of 70 years. Here's another fact from the [American Heart Association \(AHA\)](#): Lay the blood vessels in the circulatory system end-to-end, and they'd extend enough to circle the earth more than twice.

The heart is an amazing machine, and the AHA has designated February as American Heart Month to bring awareness to the steps we can take to keep it in top condition. It's all about keeping the mind and body fit.



How healthy are you?

Fitness begins with awareness. All of the health plans offered through the Texas

Employees Group Benefits Program (GBP) provide tools that allow you to evaluate your current health status and give you tips on how to improve your health, if necessary.

If you are enrolled in HealthSelectSM of Texas, HealthSelect Out-of-State, HealthSelect Secondary, or Consumer Directed HealthSelect, you can get a pulse on your overall health by taking the OnMyWay Health Assessment through the Well onTarget[®] portal. You'll answer a series of questions and the tool will identify what you are doing well as well what you could do better.

After you take the assessment, you'll get a personal wellness report and recommendations in such areas as preventive health, managing stress and improving cholesterol, through the Well onTarget dashboard.

To log in to Well onTarget[®] and take the OnMyWay Health Assessment:

1. Go to www.healthselectoftexas.com.
2. Click on "Log In" in the upper right-hand corner.
3. If you already have a Blue Access for MembersSM account, log in. If you do not have an account yet, click "Register Now" and use your medical ID card to create an account.
4. Once you're logged in to Blue Access for Members, click "Well onTarget" under the Quick Links on the left.

5. If you've already registered for Well onTarget, you'll be signed in automatically. If this is your first visit to Well onTarget, answer the questions to create your account.

If you have questions about how to log in to Well onTarget, or how to find the Health Assessment, call a Blue Cross and Blue Shield of Texas (BCBSTX) Personal Health Assistant toll-free at (800) 252-8039 Monday–Friday, 7 a.m. - 7 p.m. and Saturday 7 a.m. - 3 p.m. CT.

If you are registered for Blue PointsSM, you will earn 2,500 points for completing your assessment (once per six months). Check with your benefits coordinator to see if your employer offers incentives for completing the assessment. Once you finish it, you can print a certificate.

HMOs

The Community First Health Plans' approach to wellness includes education and prevention. Participants can take an online health risk assessment. They'll then get a personalized plan for making healthy lifestyle changes. [Learn more.](#)

Scott and White Health Plan (SWHP) participants can take an [online wellness assessment](#) and get a health improvement action plan. The goal: help participants best use the online lifestyle management programs that focus on many topics, including weight management and how to deal with stress.

Join ERS for a webinar to learn more about strategies to improve heart health on February 13th. Register at the [ERS Wellness Events Calendar!](#)

Get heart smart with these resources from the American Heart Association

No matter how old you are—or aren't—you can start taking better care of your heart now! [Learn how.](#)

Are you following [Life's Simple 7](#) to make improvements to your heart health? In addition to learning about Life's Simple 7, the AHA offers its online test, "My Heart Score," to help you understand where you can make improvements.

[Learn more about heart disease.](#)

Getting medical care quickly can make all the difference in your recovery from a heart attack or stroke. [Know the symptoms](#) so you can get care without delay.

