January 2024 Social Media Posts

**Schedule your annual checkup**

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**Share text:** Start the year off right and schedule an annual preventive checkup with your primary care provider today! All HealthSelectSM medical plans cover most routine preventive care at 100% when you and your covered dependents see in-network providers.

[Link to preventive care page: <https://healthselect.bcbstx.com/medical-benefits/preventive-care>.]

**Register for Blue Access for Members**



**Share text:** Access your HealthSelectSM medical and wellness benefits wherever you are. Connect to Blue Access for MembersSM from your computer or smartphone to find in-network providers, get cost estimates, view your claims or request a medical ID card.

[Link to Blue Access for Members page: <https://healthselect.bcbstx.com/web-mobile-tools>]

**Health Assessment**

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**Share text:** Got 15 minutes to spare for your good health? Take your online Health Assessment through Well onTarget® and get personalized recommendations to help you set long-term health and wellness goals. Plus, you’ll earn 2,500 Blue PointsSM.

[Link to Health Assessment page: <https://healthselect.bcbstx.com/health-and-wellness-incentives/health-assessment>]

**Download the BCBSTX App**



**Share text:** The BCBSTX App puts your medical plan benefits at your fingertips, wherever you are. Use it to find health care providers, see your claims, prior authorizations and referrals, access wellness resources and even get your digital medical ID card.

[Link to Web and Mobile Tools page: <https://healthselect.bcbstx.com/content/web-mobile-tools/index>]

**Weight management programs**



**Share text:** If you’re enrolled in a HealthSelectSM medical plan, you have access to weight management tools and nutrition resources to help you get your health and weight on track. WondrTM and Real Appeal® programs are available at no cost to HealthSelect participants not enrolled in Medicare.

[Link to: <https://healthselect.bcbstx.com/health-and-wellness-incentives/weight-management-programs>]

**Fitness Program**



**Share text:** Looking to get fit in 2024? Joining the Fitness Program can give you access to a large nationwide network of gyms and specialty fitness studios, discounts on health and well-being services like acupuncture and massage and much more. Plus, all plans include access to digital content, so you can get a great work out at home.

[Link to: <https://healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program>]