



2023

**WELLNESS**  
RESOURCE BOOK

Wellness programs just for you –  
all at low or no cost to you!

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Your health is important to you and to us. As a valued employee, you have access to many wellness programs and benefits – **all for free or a low cost!** The daily choices you make can help you live a better, healthier life. Review this book to see what is available so you can be as healthy as possible and be able to do more of what you love.



# BCBSTX Resources

Most of the wellness benefits in this book are free of charge if you are enrolled in a **Blue Cross and Blue Shield of Texas (BCBSTX)** medical plan. Get the BCBSTX app or save the BCBSTX contacts on your phone and computer so you can start using these benefits today.

## Blue Access for Members (BAM)

BAM is your secure BCBSTX member website to:

- Check claim status or history
- Confirm which family members are covered under your plan
- View and print Explanation of Benefits (EOB) claims statements
- Locate in-network providers
- Request a new or replacement member ID card or print a temporary member ID card
- Go digital and get access to claims, benefits and more

Consult the My Health tab for information on:

- Smoking Cessation
- Nutrition
- Fitness
- Obesity

To get started, log on to <https://www.bcbstx.com>. Use the information on your BCBSTX ID card to complete the registration process.

## BCBSTX Mobile App

You can go to your mobile device's App Store and download the BCBSTX mobile app. This app can help you stay organized and in control of your health — anytime, anywhere. Log in to:

- Track your account balances and deductibles
- View, fax or email ID card information
- Find doctors or pharmacies
- Refill your BCBSTX home delivery prescriptions and view order history
- View medication costs based on your plan and search for lower, cost-saving alternatives

Text **BCBSTXAPP** to **33633** or search **BCBSTX** in Google Play or the App store.

## Nurseline

When you need answers to health questions, the registered nurses at BCBSTX's 24/7 **Nurseline** are ready to help you. Nurseline representatives can address health care concerns and help you make an appointment with your doctor, if needed. Speaking to a nurse can give you the peace of mind you need, guidance on medical care or concerns, and help you with questions to ask your doctor.

Some of the medical issues Nurseline can assist you with include:

- Asthma
- Back pain
- Diabetes
- Dizziness or severe headaches
- Cuts and burns
- High fever
- Sore throat
- A baby's nonstop crying
- And much more!

## Contact BCBSTX

Call 800-521-2227, visit [www.bcbstx.com](http://www.bcbstx.com) or text BCBSTXAPP to 33633.

## Contact the Nurseline

Call this free service at 866-412-8795 anytime for ready support.



## Well onTarget

**Well onTarget** gives you the support you need to make healthy lifestyle choices and rewards you for hard work. Many of the medical programs offered through BCBSTX use the Well onTarget portal as the starting point for better health and lifestyles.

Well onTarget offers:

- Self-directed courses, including weight management, nutrition, smoking cessation, physical activity, stress management, and more
- Health and wellness library
- Health assessment
- Blue Points program (earn 2,500 points just by taking your health assessment!)
- Tools and trackers
- Fitness tracking
- Fitness program membership and discounts
- Nutrition help
- Tobacco cessation

To access, log into [www.wellontarget.com](http://www.wellontarget.com). The Well onTarget app is also available for iPhone or Android smartphones.

Access Well onTarget to:

- Take a free health assessment to find out how your health measures up. After you finish the assessment, you will get advice on how to get and stay healthier.
- Work with a wellness coach to get one-on-one support by phone or secure messaging. Your health coach will help you set and reach goals like losing weight, improving your blood pressure, and quitting smoking.
- Track your progress by connecting to your fitness devices and nutrition apps. View all your progress in one place!
- Earn Blue Points to redeem for things like kitchen items, electronics, sporting goods and more.



# Stress Management

## Well onTarget

**Well onTarget** from BCBSTX offers digital resources and support to help you manage or reduce stress. Find subjects that interest you and review them at your own pace. Just log on to the wellness portal at [www.wellontarget.com](http://www.wellontarget.com), then select *Courses* from the drop-down menu in the upper left corner. You can also log in to Blue Access for Members (BAM), and go to the *My Health* tab to find the **Well onTarget Member Wellness Portal** and other health and wellness benefits.

See page 4 for details or access <https://connect.bcbstx.com/understanding-benefits/b/weblog/posts/new-well-ontarget-options>.



# Wellness Rewards Program

## Blue Points Program

Maintaining a healthy lifestyle can be hard, and sometimes you just need a little motivation. The BCBSTX **Blue Points** program offers this motivation to help you get on track – and stay on track – to reach your wellness goals.

With the Blue Points program, you will be able to earn points for regularly participating in many different healthy activities. You can redeem these points in our expanded online shopping mall. Reward categories include apparel, books, health and personal care, jewelry, electronics, music, sporting goods, and more. You can even redeem your points for a Fitbit or Apple watch!

The Blue Points program has many convenient and personalized features:

- **Earn points instantly** – you don't have to wait to use what you earned
- **Get extra points** – redeem the points you have and use a credit card to pay any balance
- **Easily manage your points** – the latest user-friendly technology makes it easy to see and track points
- **Choose from a large selection of rewards** – there is something for everyone!
- **Participate in activities that match your goals** – do activities you love and get rewarded for it

Log on to [www.wellontarget.com](http://www.wellontarget.com) to find all the interactive tools and resources you need to start racking up Blue Points. Keep yourself motivated by checking out all the rewards you can get through the online shopping mall!

# Discounts on Gym Memberships

## The Fitness Program

If you are enrolled in one of our BCBSTX medical plans, the **Fitness Program** is available to you and your covered dependents (age 16 and older\*).

Joining the Fitness Program can help you reach your health and wellness goals that the Well onTarget program promotes. The program gives you access to a nationwide network of fitness facilities. You may choose a location close to home, one near work, or away from home.

\*Individuals must be 18 years old to buy a membership. Check the membership policy for details about younger-aged dependents.

The program includes:

- A wide choice of gym networks
- Boutique-style classes and specialty gyms
- Gym network access for your covered dependents
- Convenient payment options

## Sign Up for Fitness

- Go to [www.bcbstx.com](http://www.bcbstx.com) and log in to **Blue Access for Members**
- Under **Quick Links**, choose *Fitness Program*. On this page, you can enroll, search for nearby fitness locations and learn more about the program.
- Click *Enroll Now*. Then search and select the fitness location that is best for you. Remember, you can visit any participating fitness location in your plan after sign up.
- Verify your personal information and method of payment.
- Print or download your **Fitness Program membership ID card**, or request one by mail.
- Visit a fitness location!

The Fitness Program app (available in the Apple App Store and Google Play) allows you to search for a participating location, assist with studio class registration and location check-in. Real time data is provided to the mobile app and Well onTarget portals.

Receive 2,500 Blue Points for joining the Fitness Program. Redeem points for apparel, books, electronics, health and personal care items, music, sporting goods, and more.

## Questions?

Call **888-762-BLUE (2583)** Monday through Friday from 7:00 a.m. – 7:00 p.m. CT.





# Preventive Care

Take advantage of preventive care to help manage your health. Preventive care services are covered at 100% when you seek care from a BCBSTX network provider. To find a network provider, call **800-521-2227** or visit [www.bcbstx.com](http://www.bcbstx.com).

Here are a few examples of preventive care services that you and your family may receive at no cost:

## Preventive Care for All Adults

- Physical Exams
- Colonoscopy Age 45+
- Shingles Vaccine Age 50+
- Pneumonia Vaccine Age 65+
- Age Appropriate Immunizations, such as:
  - ▶ DTaP
  - ▶ Hepatitis A & B
  - ▶ Pneumococcal
  - ▶ Annual flu vaccine

## Annual Well Man Exam

- Prostate cancer screening age 55+

## Annual Well Woman Exam

- Pap Test
- Mammography based on age and history
- Bone density age 65+

## Perinatal Wellness

Routine recommendations for a health pregnancy:

- **Pre-pregnancy check-up** – Visit your health care provider before becoming pregnant
- **First prenatal visit** – Review your personal and family history with your provider and discuss any concerns; your provider may exam you and take some tests.
- **Ongoing prenatal visits** – See your provider throughout your pregnancy. A normal schedule is every four weeks for the first 28 weeks of pregnancy, then every two weeks until 36 weeks of pregnancy, then weekly until the baby is born.
- **After birth visit** – Schedule a visit with your obstetrician or provider within the first three weeks of giving birth. Have a comprehensive visit within 12 weeks of birth.

## Preventive Care for Children

- Age appropriate well child visits
- Vision and hearing screenings
- Age appropriate immunizations, such as:
  - ▶ Polio
  - ▶ MMR
  - ▶ DTaP
  - ▶ Rotavirus
  - ▶ Meningitis
  - ▶ Hepatitis A & B
  - ▶ Pneumococcal
  - ▶ Annual flu vaccine





If you have a health factor that makes it unreasonably difficult or medically inadvisable for you to achieve the requirements of this program to qualify for the incentive(s), please contact Human Resources and we will work with you and/or your physician to develop an alternative. The purpose of this program is to promote health and prevent disease by alerting employees to potential health risks. This program is confidential and HIPAA compliant. Protected Health Information will only be collected in aggregate form to design programs for the purpose of addressing overall risk(s). Any information shared will not be disclosed except in accordance with HIPAA laws.

