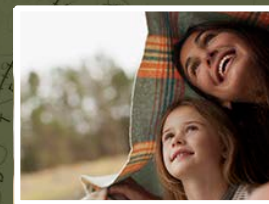
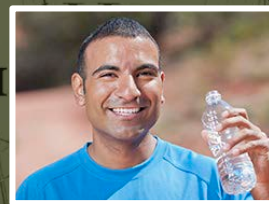
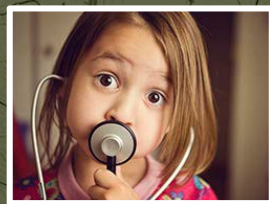
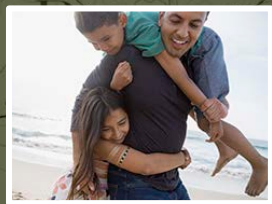




# HealthSelect<sup>®</sup> of Texas<sup>®</sup>

CONSUMER DIRECTED  
**HealthSelect<sup>SM</sup>**

## Getting the most from your HealthSelect<sup>SM</sup> benefits



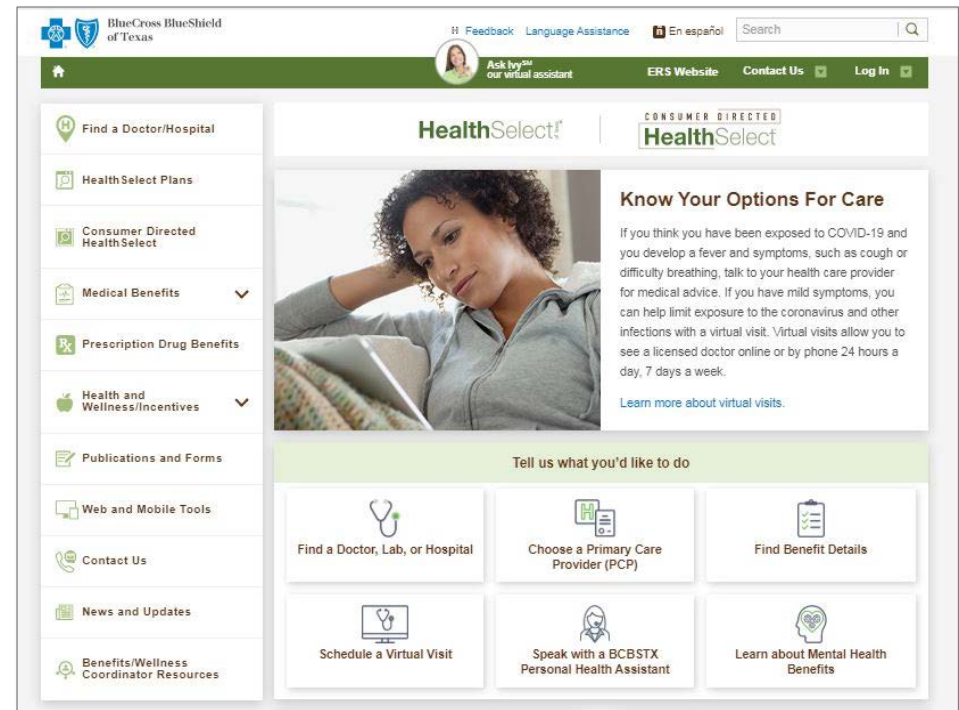
# Custom Website

HealthSelect<sup>®</sup> of Texas

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

## Website for HealthSelect participants

- Find a provider
- Get plan information
- Get the latest news and updates
- Learn about health and wellness resources
- Download forms and documents



[www.healthselectoftexas.com](http://www.healthselectoftexas.com)



# Participant Portal

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect<sup>TM</sup>

## Blue Access for Members<sup>SM</sup>

- View your claims and download EOBs
- Find an in-network doctor, hospital or other provider
- Choose HealthSelectShoppERS<sup>SM</sup> rewards-eligible procedures and providers
- Change or select a primary care provider
- Check the costs of doctors and services covered under your plan
- Download a temporary ID card
- Confirm prior authorizations and referrals



[www.healthselectoftexas.com](http://www.healthselectoftexas.com)



# BCBSTX

## Personal Health Assistants

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

- Answer questions about benefits
- Assist with prior authorizations and referrals
- 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
- Help you shop for cost-effective providers and earn HealthSelectShoppERS rewards

Call toll-free: **(800) 252-8039**  
Monday–Friday: 7 a.m. - 7 p.m.  
Saturday: 7 a.m. - 3 p.m. CT





# Virtual Visits

You have two options to choose from for medical and mental health Virtual Visits:



**Doctor On Demand**<sup>®</sup>  
doctorondemand.com  
(800) 997-6196



**MDLIVE**<sup>®</sup>  
mdlive.com/healthselect  
(800) 770-4622



# Medical Virtual Visits

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect<sup>SM</sup>

- 24/7 access to licensed board-certified doctors, including weekends and holidays online or by phone
- **No cost** for medical visits if you are enrolled in HealthSelect of Texas<sup>®</sup>, HealthSelect<sup>SM</sup> Out-of-State or HealthSelect<sup>SM</sup> Secondary
- Consumer Directed HealthSelect<sup>SM</sup> participants are required to meet annual deductible before Virtual Visits are covered



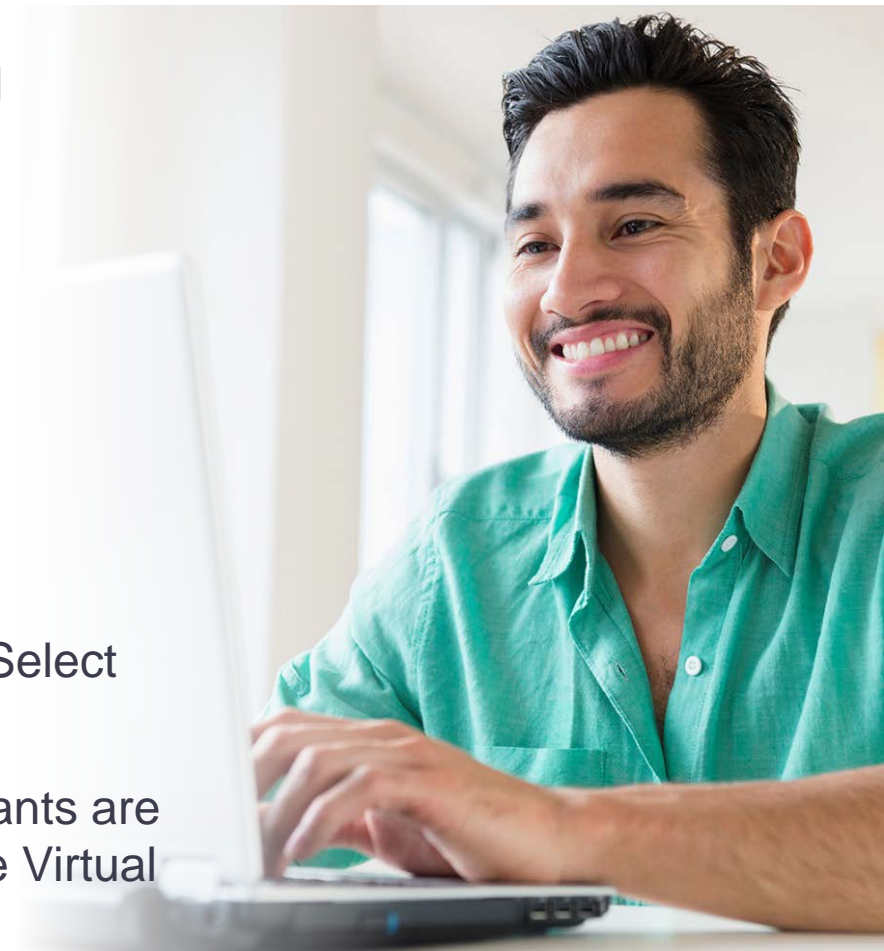


# Mental Health Virtual Visits

HealthSelect<sup>®</sup>  
of Texas

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

- Mental health Virtual Visits are conducted online via video conference
- Appointments must be made in advance
  - Typically available within 5-7 days but could take up to two weeks
- Psychiatrists are able to prescribe medication, if appropriate
- No cost for mental health visits if you are enrolled in HealthSelect of Texas, HealthSelect Out-of-State or HealthSelect Secondary
- Consumer Directed HealthSelect participants are required to meet annual deductible before Virtual Visits are covered



# HealthSelectShoppERS

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED

HealthSelect<sup>™</sup>



- Earn rewards for making cost-effective choices when shopping for certain medical services and procedures.
- Available to active HealthSelect employees and their eligible dependents.
  - Medicare-primary participants, COBRA members, HealthSelect secondary participants and retirees are excluded.







# How to earn rewards

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect<sup>SM</sup>



## Three easy steps



### 1. SHOP

Use Provider Finder<sup>®</sup> to check rewards eligibility



### 2. GO

Have your procedure at a rewards-eligible location



### 3. EARN

Once your claim is processed by BCBSTX, your reward is deposited into your TexFlex<sup>SM</sup> account



# Wellness Resources

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect<sup>TM</sup>

- **Well onTarget<sup>®</sup>**: Online portal to access wellness programs and take the Health Assessment
- **Blue Points<sup>SM</sup>**: Get rewarded for healthy activities
- **Fitness Program**: Nationwide network of fitness centers
- **Weight management programs**: Wondr Health<sup>TM</sup> and Real Appeal<sup>®</sup>

Get more information at  
[www.healthselectoftexas.com](http://www.healthselectoftexas.com)



# Well onTarget

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect™

## Health Assessment

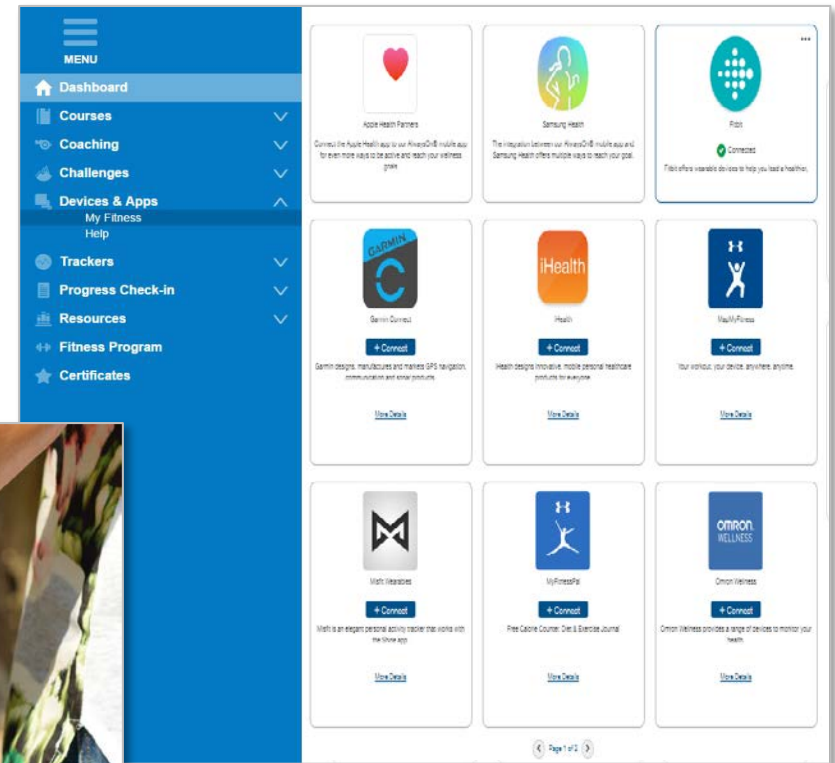
- Confidential questionnaire regarding lifestyle habits
- Approximately 15 minutes to complete
- Available in both Spanish and English
- Generates personal wellness report
- Personalized recommendations and guidance
- Meets the requirement for agency health assessments
- Earn Blue Points that can be redeemed for rewards

The screenshot shows the 'Well onTarget' landing page. At the top left is the 'Well onTarget' logo. Below it is a dark blue header with the text 'Begin your health assessment'. Underneath is a white section with 'Welcome, ADAM' in blue. To the right of this is a link for 'Español'. The main text explains that the personal health assessment is the starting point for a wellness program and provides instructions on how to proceed if the user cannot answer all questions immediately. At the bottom, there are two buttons: a green 'Get Started Now!' button and a grey 'Go to Dashboard' button. To the right of the 'Go to Dashboard' button is a link that says 'I don't want to do this now. Please remind me later.' On the right side of the page, there is a blue square icon containing a white clipboard with a pulse line.

# Fitness Device Integration

## Sync. Move. Achieve.

- Sync to fitness apps
- Helps you meet your goals
- Earn Blue Points



# Fitness Program and Alternative Medicine Discounts

HealthSelect<sup>®</sup> of Texas

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

## Fitness Program:

- Nationwide network of fitness centers
- No contract required
  - Only a \$19 enrollment fee and
  - Set monthly membership amount per your selected package
- Earn Blue Points

Well onTarget

My Account Learn More Locations FAQs [Enroll Now >](#)

Search by address, city, or zip code

Filter by Within 20 Miles Amenities Gender Specific Clear Filter

GYMS STUDIOS

BASE CORE POWER **ELITE**

**25 Gym Locations Nearby**  
Elite Tier has access to all following locations

<b>Life Time - Austin Downtown</b> 907 W 5th St 201 Austin, TX 78703	<b>ELITE</b> 3.43 Miles
<b>Life Time - Austin - North</b> 13725 Ranch Road 620 N Austin, TX 78717	<b>ELITE</b> 10.43 Miles
<b>Anytime Fitness - Austin, TX 111</b> 2525 W. Anderson Lane Austin, TX 78757	1.47 Miles
<b>Planet Fitness - Austin (W. Anderson Ln.)</b> 1100 W. Anderson Ln. Austin, TX 78757	1.48 Miles

Map showing gym locations near Austin, TX. Callout: **ELITE** 12371 GYMS NATIONWIDE [Select Package](#)

# Fitness Program Package Details

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HealthSelect™

	Features	Fitness Program Package				
Price	Enrollment Fee	\$19 (no fee for Digital Only)				
	Monthly Fee (plus tax)	Digital Only	Base	Core	Power	Elite
		\$10	\$19	\$29	\$39	\$99
Experience	Gym Facilities Network Size	Digital Only	Base	Core	Power	Elite
		\$10	2,900	7,000	11,400	11,700
Experience	Mobile App	Yes				
	Family Bundle	Yes				

# Blue Points – Built-In Incentive

HealthSelect<sup>®</sup>  
of Texas

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

## Earn Blue Points with:

- Health Assessment completion
- Self-management programs
- Fitness Program
- Online trackers
- Synced fitness device or app





### How to Earn Blue Points <sup>SM</sup>

Earn points for doing the right things! When you take actions that have been proven to have a positive impact on health, you'll earn points. You can use your points to redeem through the shopping mall.

All Activities

Tools & Trackers

 Fitness Center Use - Visit 1	<b>100</b> POINTS 1 PER WEEK You will earn points for your first visit each week at a Fitness Program network fitness center. <b>Special Notice:</b> Fitness Program points are awarded an average of 60 days after a qualifying visit.
---	---

 Fitness Center Use - Visit 3	<b>200</b> POINTS 1 PER WEEK You will earn points for your third visit each week at a Fitness Program network fitness center. <b>Special Notice:</b> Fitness Program points are awarded an average of 60 days after a qualifying visit.
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 Fitness Center Use - Enrollment	<b>2500</b> POINTS 1 PER YEAR When you enroll into the Fitness Program, you'll earn points! For more information about program cost, fitness centers in your area and a list of frequently asked questions click on the Fitness Program link.
--	--



# Weight Management Programs

HealthSelect<sup>of Texas</sup>

CONSUMER DIRECTED  
HealthSelect™

## Wondr Health

- Pre-recorded lessons any time
- Chat with online community of coaches and participants
- Lose weight and improve health eating the food you enjoy
- Self-monitor eating and activity
- To enroll, go to:

[wondrhealth.com/healthselect](http://wondrhealth.com/healthselect)

## Real Appeal

- Weekly online meeting with coach
- Chat with online community of coaches and participants
- Adjust eating habits to exclude unhealthy foods
- Track foods and exercise
- To enroll, go to:

[healthselect.realappeal.com](http://healthselect.realappeal.com)

Wondr Health and Real Appeal are available at no cost to employees, retirees and dependents enrolled in a HealthSelect plan (excluding Medicare-primary participants) who are 18 or older and have a BMI of 23 or higher.\*

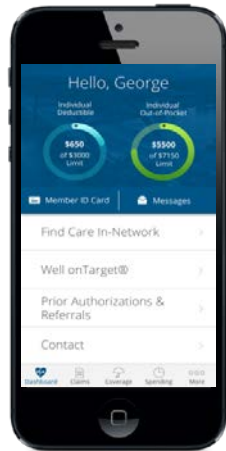


# Mobile Apps

*Fitness at your fingertips*

HealthSelect<sup>®</sup>  
of Texas

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>



## BCBSTX App

For info on:

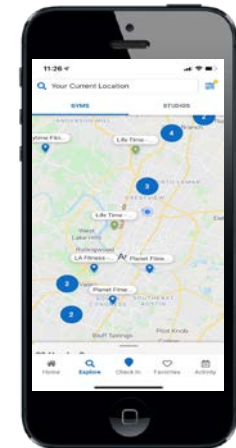
- Claims
- Coverage
- Deductible
- Medical ID card



## AlwaysOn Wellness App

Apps/Devices synced for:

- Well OnTarget to-go
- Health Assessment
- Goal setting
- Progress tracking



## Fitness Program App

Allows you to:

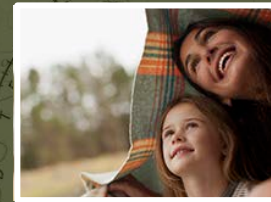
- Check in and track your activity
- Find locations of nearby facilities
- Easily access to your membership card



# HealthSelect<sup>®</sup> of Texas<sup>®</sup>

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## Questions?



# Disclosures

Sapphire Digital is an independent company that administers the HealthSelectShoppERS<sup>SM</sup> program for Blue Cross and Blue Shield of Texas (BCBSTX). BCBSTX makes no endorsement, representation or warranty regarding Sapphire Digital's administration of the HealthSelectShoppERS program. Information received through the HealthSelectShoppERS program is not meant to replace the advice of a health care professional, and decisions regarding the course and place of treatment remain with the member and his or her health care provider. Eligibility for rewards is subject to the terms and conditions of the HealthSelectShoppERS program. Active HealthSelect of Texas, HealthSelect Out-of-State and Consumer Directed HealthSelect participants may be eligible for rewards. Consumer Directed HealthSelect participants are eligible for a limited-purpose FSA that can only be used for eligible vision and dental expenses.

MDLIVE and Doctor On Demand operate subject to state regulations and may not be available in certain states. MDLIVE and Doctor On Demand are not insurance products nor prescription fulfillment warehouses. MDLIVE and Doctor On Demand do not guarantee that a prescription will be written. MDLIVE and Doctor On Demand do not prescribe DEA-controlled substances, nontherapeutic drugs and certain other drugs that may be harmful because of their potential for abuse. MDLIVE and Doctor On Demand providers reserve the right to deny care for potential misuse of services. Doctor on Demand, an independent company, and MDLIVE, a separate company, operates and administers the telemedicine and Virtual Visits program for Blue Cross and Blue Shield of Texas. MDLIVE and Doctor on Demand are solely responsible for its operations and for those of its contracted providers.

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. Internet/Wi-Fi connection is needed for computer access. Data charges may apply. Check your cellular data or internet service provider's plan for details. Non-emergency medical service in Idaho, Montana and New Mexico is limited to interactive audio/video (video only). Non-emergency medical service in Arkansas is limited to interactive audio/video (video only) for initial consultation. Service availability depends on location at the time of consultation. Virtual Visits are subject to the terms and conditions of your benefit plan, including benefits, limitations, and exclusions. The telemedicine services made available through Doctor On Demand are provided by licensed providers 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 provider, mental health or other healthcare provider services.

# Disclosures

HealthSelect<sup>®</sup>  
of Texas<sup>®</sup>

CONSUMER DIRECTED  
HealthSelect<sup>™</sup>

Wondr Health 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. Wondr Health and Real Appeal are available at no cost to employees, retirees and dependents enrolled in a HealthSelect plan (excluding Medicare-primary participants) who are 18 or older and with a BMI of 23 or higher.

The Fitness Program is provided by Tivity Health<sup>™</sup>, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

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](http://wellontarget.com) for further information.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup>.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Blue Cross<sup>®</sup>, Blue Shield<sup>®</sup> and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.