

## Health & Wellness Benefits

These extra health and wellness benefits complete your coverage and are important to staying well. These benefits are in addition to those listed in the enrollment brochure:

- 24/7 Nurseline
- SilverSneakers®
- Virtual Visits

If you choose to enroll in the plan, keep this document so you can easily find the contact information for these benefits. Check your plan documents for more information or call the Education Helpline at **1-877-842-7562 TTY 711**. Help is available 24 hours per day, 7 days per week except Thanksgiving and Christmas Day.

### Airrosti | Physical Therapy

Airrosti provides personalized care for acute and chronic musculoskeletal pain and conditions. In-person and virtual treatment plans include assessment and orthopedic testing, conservative manual treatment, and personalized, active rehab. At-home exercises are designed to speed recovery and prevent future injuries.

Visit [www.airrosti.com](http://www.airrosti.com) for more information including locations and virtual care.

### Blue365® Discount Program

With Blue365, you may save money on health and wellness products and services such as contacts, dental care, fitness devices, glasses, healthy meals, hearing aids, clothes and shoes, and more from trusted retailers. Availability of discounts is subject to change.

See all the deals and learn more at [www.blue365deals.com/bcbstx](http://www.blue365deals.com/bcbstx).

### Hearing Care

Through our partnership with TruHearing®, your plan covers a routine hearing exam with a \$0 copay and a \$2,000 hear aid allowance for both ears over 36 months.

Check your Summary of Benefits for details about what your plan covers.

Visit the TruHearing website at [www.truhearing.com](http://www.truhearing.com) or call **1-844-855-9536 (TTY 711)** to learn more.

### Hinge Health | Reduce Muscular Joint Pain

Address your chronic back, knee or hip pain without surgery or medication through a program that is like at-home physical therapy. Your plan covers charges up to \$995 per enrolled member every 365 days.

Visit [www.hingehealth.com](http://www.hingehealth.com) or call **1-855-902-2777** to learn more.

## **Learn to Live® | Mental Health Support**

Learn new skills to break old patterns that may be holding you back. Digital mental health programs from Learn to Live can help you get your mental health on track so you can feel better and enjoy life more.

Visit the Learn to Live website at <https://www.learntolive.com/welcome/bcbstx> or call **1-800-406-7457**.

## **Seasons of Life | Claims Support**

Seasons of Life is an outreach program that provides personalized claims resolution assistance to you and your dependents when dealing with the death of a loved one.

Outreach is proactive, or you can call the number on the back of your member ID card to learn more.

## **Wondr | Digital Weight Loss Program**

Wondr is a weekly, self-paced online program that teaches you helpful skills for improved long-term health. Wondr can help you lose weight and keep it off. It can also reduce your risk for serious conditions like diabetes and heart disease.

For more information, visit [www.wondrhealth.com](http://www.wondrhealth.com) or call **1-855-999-7549**.

This is not a complete description of benefits. Please refer to your plan documents for details.

The relationship between these vendors and Blue Cross and Blue Shield of Texas is that of independent contractors. BCBSTX makes no endorsement, representations or warranties regarding any products or services offered by the above-mentioned vendors.

Blue365 is a discount program only for BCBSTX members. This is NOT insurance. Some of the services offered through this program may be covered under your health plan. Employees should check their benefit booklet or call the Customer Service number on the back of their ID card for specific benefit facts. Use of Blue365 does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Discounts are only given through vendors that take part in this program. BCBSTX does not guarantee or make any claims or recommendations about the program's services or products. Members should consult their doctor before using these services and products. BCBSTX reserves the right to stop or change this program at any time without notice. Hearing services are provided by American Hearing Benefits, Beltone™, HearUSA and TruHearing®. Vision services are provided by ContactsDirect®, Croakies, Davis Vision<sup>SM</sup>, EyeMed Vision Care, Glasses.com, Jonathan Paul Fitovers and LasikPlus®.

Catapult Health is an independently contracted provider that has contracted with Blue Cross and Blue Shield of Texas to provide health and wellness screenings for members with coverage through BCBSTX.

TruHearing® is a registered trademark of TruHearing, Inc., which is an independent company providing discounts on hearing aids.

Teladoc Health, Omada, and Hinge Health are independent companies that have contracted with Blue Cross and Blue Shield of Texas to provide health management solutions for members with coverage through BCBSTX.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an educational program and should not be considered medical treatment.

Virtual Visits may be limited by plan. For providers licensed in New Mexico and the District of Columbia, Urgent Care service is limited to interactive online video; Behavioral Health service requires video for the initial visit but may use video or audio for follow-up visits, based on the provider's clinical judgment. Behavioral Health is not available on all plans.

MDLIVE is a separate company that operates and administers Virtual Visits for Blue Cross and Blue Shield of Texas. MDLIVE is solely responsible for its operations and for those of its contracted providers. MDLIVE® and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without permission.

SilverSneakers® is a wellness program owned and operated by Tivity Health, Inc., an independent company.

Tivity Health and SilverSneakers® are registered trademarks or trademarks of Tivity Health, Inc., and/or its subsidiaries and/or affiliates in the USA and/or other countries.

Wondr Health is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide metabolic syndrome reduction program for members with coverage through BCBSTX.

HMO and PPO plans provided by Blue Cross and Blue Shield of Texas, which refers to HCSC Insurance Services Company (HISC) and GHS Insurance Company (GHSIC). HMO and PPO employer/union group plans provided by Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC). HCSC, HISC and GHSIC are Independent Licensees of the Blue Cross and Blue Shield Association. HCSC, HISC and GHSIC are Medicare Advantage organizations with a Medicare contract. Enrollment in these plans depends on contract renewal.