

HealthSelectSM of Texas

Participants can:

- Get support for managing chronic conditions like diabetes, heart failure, coronary artery disease (CAD), asthma and chronic obstructive pulmonary disease (COPD).
- Enroll in health coaching programs for physical activity, stress, nutrition, weight management and tobacco cessation.
- Get clinical support making informed choices about treatment options or services related to coronary disease, chronic back pain, hip or knee replacement, benign prostate disease, prostate and breast cancer, benign uterine condition, endometriosis and fibroids.
- Enroll in one of two online weight management programs, Naturally Slim and Real Appeal. Both programs feature interactive components and user-friendly resources.

Online health and wellness tools

Go to healthselectoftexas.com and click the Log In button to go to your personal Blue Access for MembersSM account. On Blue Access for Members, you can do any or all of the following to help improve or maintain your healthy habits:

- Take the online health assessment to identify your personal health needs and learn healthy habits. Then take your personal health report to your PCP.
- Use wellness trackers to help you stay on target with your goals. Trackers are available for stress management, tobacco usage, nutrition and more.
- Sync your fitness device such as a Fitbit or Jawbone and see activity minutes, miles traveled and calories burned on the dashboard.

- Learn about our wellness incentive program called BluePointsSM and begin earning points by engaging in healthy activities to purchase merchandise from the online shopping mall.
- Use interactive tools like the symptom checker.
- Get telephone coaching support.
- Download mobile apps like the BCBSTX app, Centered and AlwaysOnSM.
- View your and your family's claims history.
- Chat with a Personal Health Assistant.

Health and wellness discounts

Save money on health and wellness products and services from top retailers that are not covered by insurance. There are no claims to file and no referrals or prior authorizations required. Visit healthselectoftexas.com and click Health and Wellness/Incentives, then click Blue 365.

HealthSelectSM of Texas Medicare Advantage Plan

Members have access to:

- SilverSneakers fitness program
- QuitNet tobacco cessation program
- Well Dine precooked meals delivered after an overnight stay in a hospital or skilled nursing facility
- Hearing discount for cost savings on hearing aids

Visit www.humana.com/ersmedicareadvantage to learn more about these and other health and wellness programs available to you.



The Texas Employees Group Benefits Program offers a full menu of scientifically based health and wellness programs for state employees, retirees and their families:

- Health assessments
- Diabetes management
- Exercise
- Heart health
- Nutrition
- Tobacco cessation
- Weight management
- Stress management
- Disease management
- Healthy pregnancy

Get physical!

Did you know that even moderate exercise helps prevent or delay disease and disabilities? Be sure to warm up before exercising. Stretch your muscles slowly. Try a little slow walking and light arm pumping. When doing endurance activities that make you sweat, drink plenty of liquids, especially water or drinks that contain electrolytes. Avoid holding your breath while exercising.

Source: www.seniors.gov

KelseyCare Advantage

Participants can enroll in the Healthy for Life program for access to:

- MyKelseyOnline to conveniently schedule appointments, send messages to your doctor and more
- Healthy Living eNews monthly email newsletter
- Health information centers and group classes with free information on important health topics

Visit www.kelseycareadvantage.com/ERS to learn more.



- Disease management programs for those with chronic conditions
- Online health management and medical information resources
- Discounts on gyms, massage therapy, acupuncture and vitamins
- Coaching for weight loss, nutrition, smoking cessation and stress
- 24-hour nurse lines
- Vision and hearing discounts

To find out more about what your health plan offers, go to your plan's website.



Care management programs

- Asthma
- Diabetes
- High-risk pregnancy

KelseyCare Concierge

- Personalized assistance in scheduling appointments and selecting physicians
- Assistance finding nearby clinics
- Guidance on specific services available at each clinic
- Expert help addressing your questions and concerns about the KelseyCare plan

Call the KelseyCare Concierge at (713) 442-1ERS (1377) or toll-free (855) 442-1ERS (1377), 8 a.m. - 5 p.m. CT, Monday - Friday.