**December Social Media Posts**

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Join us for an informative and interactive webinar where we will explore ***Gratitude: Science and Practical Application***. Learn how you can put this simple and effective resilience skill to work for you, your family, and your workplace. Register through [this link](https://register.gotowebinar.com/register/5783106117457046798).

**Mental health**



**Share text:** HealthSelectSM coverage includes access to emotional support and mental health benefits. Your plan covers both inpatient and outpatient treatment, including Virtual Visits. [Link to mental health page: <https://healthselect.bcbstx.com/content/medical-benefits/mental-health>]

**Flu Shots**



**Share text:**

Flu season may already be underway, but it’s not too late to get your flu shot. Getting a flu shot will not protect against COVID-19, but it will help protect you and your loved ones from the flu. [Link to flu shot flier: <https://healthselect.bcbstx.com/pdf/publications-and-forms/2020-flu-shot-awareness-flier.pdf>]

**HealthSelectShoppERS**



**Share text:**   
You and your eligible dependents could earn up to $500 in TexFlex spending account rewards each plan year through HealthSelectShoppERSSM when you choose lower-cost options for certain medical procedures or services. [Link to HealthSelectShoppERS page: <https://healthselect.bcbstx.com/content/medical-benefits/healthselectshoppers>]

**Following your provider’s orders**



**Share text:** Just because care is not urgent doesn’t mean it’s not necessary. Preventive check-ups and screenings are important for maintaining wellness and long-term health, especially now. [Link to preventive care article: **https://healthselect.bcbstx.com/news?lid=kgp0c5qj**]