

Journey to Wellness: HealthSelect Wellness Benefits Overview May 11 • 10-11 a.m.

Through your health plan you have many ways to maintain your well-being. This webinar will introduce you to the wellness resources and tools available to you and your covered dependents through HealthSelect of Texas[®] medical plans, including Consumer Directed HealthSelectSM. These resources will help you on your journey to wellness, starting with the Well onTarget[®] wellness portal. In this webinar hosted by Blue Cross and Blue Shield of Texas, you will learn to access your online health assessment, wellness coaching, Blue PointsSM, the Fitness Program, and virtual healthy lifestyle programs. Learn more and [register here](#).



HealthSelect Benefit Highlight: What is Real Appeal[®]? | May 13 • 12-12:30 p.m.

In this 30-minute webinar you will be given an overview of Real Appeal, a program based on decades of clinical weight loss research focused on simple steps combined with personalized tools and support. Join this webinar to learn how to get started and succeed with this program! Learn more and access login information through the [ERS Wellness Events Calendar](#).



Mindset: the Key to Unlocking Human Performance | May 13 • 10-11 a.m.

Uncover how your mindset affects your actions, relationships, and performance and health habits in this webinar from the Texas DPS Fitness and Wellness Unit during Mental Health Awareness Month. Through this interactive webinar, you will have the opportunity to establish a compelling wellness vision, discover the values that drive your daily habits, differentiate between a fixed and growth mindset, and examine your own self-limiting beliefs! Learn more and [register here](#).



Fighting Back against the Loneliness Epidemic | May 20 • 10-11 a.m.

We are hard-wired for connection. In this webinar featuring two licensed mental health professionals, we will connect to discuss what we can do to address social isolation and loneliness. In this interactive session, our speakers will unpack how loneliness is affecting mental health in the U.S., the differences between solitude, loneliness and isolation, the types of social connections we need as humans, and strategies to help us all feel more connected to others. Learn more and [register here](#).



HealthSelect Benefit Highlight: What is Naturally Slim[®]? | May 25 • 1-1:30 p.m.

Naturally Slim is a common-sense, online weight loss program based on Eatology[™], the study of when, why and how we eat. Unlike diets, which rely on your will power and 'eat this, not that' advice, Naturally Slim teaches you simple, repeatable skills to help you lose weight and keep it off in the real world, without giving up the foods you love. Learn more and [register here](#).



Building your Mental Health Toolkit | May 27 • 10-11 a.m.

In this webinar you will learn how to find help – for yourself or a family member – with specific types of challenges and mental health conditions. Not only will you learn about your mental health benefits as a HealthSelect participant, but you will leave knowing how to access virtual mental health options in the HealthSelect plans through Dr. on Demand and MDLive. Learn more and [register here](#).

