**16306 TPA 2304-09 June 2023 social media posts**

**Men’s Health Month**

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**Share text:** Men are less likely than women to get annual preventive checkups, according to the CDC. Increase your odds of living healthier and longer by making healthy choices, like getting regular preventive care. With the help of your HealthSelectSM medical plan, which covers most in-network preventive care at no cost to you, you can help reverse the trend.

[Link to preventive care page: <https://healthselect.bcbstx.com/medical-benefits/mens-health-june-2023>]



**Preventive care participant webinar**

**Share text:** Whether you're interested in fitness, nutrition or learning more about your HealthSelectSM medical benefits, there's a webinar to help you get and stay healthy! This month, sign up and learn all about your HealthSelect plan’s benefits, which cover most preventive care at no cost to you when you see an in-network provider.

[Link to webinars page: <https://healthselect.bcbstx.com/content/bcbs/ers/en/home/publications-and-forms/healthselect-webinars>]

**Back-to-school children’s screenings**

**Share text:** School may not be starting for a couple of months, but now is the perfect time to make sure your children are up to date with all their recommended (and required) screenings and immunizations. Use the Childhood Immunization Schedule Flier and talk to their PCP to make sure they’re getting the preventive care they need.

[Link to Preventive Care page: <https://healthselect.bcbstx.com/medical-benefits/preventive-care>]

**Fitness Program promo**

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**Share text:** Looking to get fit for the summer? HealthSelectSM medical plan participants can sign up for the Fitness Program through June 30 with the code “SUMMERFIT2023” and pay no enrollment fee. Plus, all memberships now include digital programming so you can work out from home.

[Link to Fitness Program page: <https://healthselect.bcbstx.com/content/health-and-wellness-incentives/fitness-program>]