

December 2024 Social Media Posts

Hello Heart Facebook Post



HealthSelect[®] CONSUMER DIRECTED HealthSelect[®]  BlueCross BlueShield of Texas

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Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

Share text: Do something special for your heart this holiday season. Hello Heart is a program that can help eligible HealthSelectSM medical plan participants improve their heart health. Available at no additional cost, Hello Heart helps you build healthy habits that can lead to long-term lifestyle changes.

Learn more: <https://www.helloheart.com/go-ers>

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December 2024 – Learn to Live holiday stress



 learn to live

Strong support systems
and social connections
do **WONDERS** for your
well-being!

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Share text: If you are feeling down or overwhelmed, you may benefit from online mental health support. HealthSelectSM medical plan participants and their dependents ages 13+ can enroll in a Learn to Live mental health program at no additional cost. You will find online resources to support your well-being during the holiday season and throughout the year.

Learn more: <https://healthselect.bcbstx.com/condition-management/learn-to-live>

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December 2024 – Hinge Health



HealthSelectSM CONSUMER DIRECTED HealthSelectSM BlueCross BlueShield of Texas

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Share text: Don't let a sore back, achy knees or a stiff neck keep you from enjoying the holidays. Join Hinge Health for a personalized digital exercise therapy plan you can do anywhere, anytime and at no additional cost. Reduce your everyday pain and start enjoying the activities you love without discomfort.

Learn more: <https://hinge.health/healthselect>

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December 2024 – Benefits while traveling (Virtual Visits/Global Core)



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Share text: If you're traveling this holiday season, your HealthSelectSM medical plan has you covered wherever you go. Whether you're within Texas, the U.S. or abroad, make sure you know what to do if you or a family member is injured or gets sick. And remember, medical Virtual Visits are available 24 hours a day, seven days a week.

Learn more: <https://healthselect.bcbstx.com/find-a-doctor-hospital/care-while-traveling>