January 2023 Social Media Posts

**Get Fit Texas!**

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**Share Text:** Are you up for the challenge? Join the Get Fit Texas Challenge. Registration opens January 16th. Join your fellow state employees to start 2023 off right! Registration link: <https://getfittexas.org/>

**Preventive care/annual exams**

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**Share text:** All HealthSelectSM plans cover most routine preventive care at 100% when you see an in-network provider. This means you pay nothing out of pocket for preventive care, like your annual wellness check-up. Schedule a check-up for you and your covered dependents today!

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

**Health Assessment**



**Share text:** Getting back on track with a healthy lifestyle can be challenging. Evaluating your current health is a great first step. The online Health Assessment in Well onTarget® can provide health and wellness recommendations to help you set personalized long-term goals. Plus, you’ll earn 2,500 Blue PointsSM!

[Link to Health Assessment page: <https://healthselect.bcbstx.com/content/health-and-wellness-incentives/health-assessment>]

**Weight management**



**Share text:** If you’re enrolled in a HealthSelectSM medical plan, you have access to a variety of weight management tools and nutrition resources to help you get your health and weight back on track. WondrTM and Real Appeal® programs are available at no cost to HealthSelect participants not enrolled in Medicare.

[Link to: <https://healthselect.bcbstx.com/content/health-and-wellness-incentives/weight-management-programs>]

**Blue Access for Members**

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**Share text:** Manage your HealthSelectSMmedical and wellness benefits wherever you are. Connect to Blue Access for MembersSM from your computer or smartphone to find in-network providers, get cost estimates, view your claims or request a medical ID card.

[Link to Blue Access for Members page: <https://healthselect.bcbstx.com/content/web-mobile-tools/index>]

**Fitness Connect Community**



**Share text:** Join Fitness Connect Community to learn about wellness topics and share your successes and challenges with other State of Texas employees. Register for sessions held the second Tuesday of each month at 10 a.m. CT.

Link to registration page: https://cvent.me/VXggbQ

**Back on track annual check-ups**



**Share text:** Get back on track with your health and wellness in 2022 by scheduling your annual wellness exam. Routine annual check-ups help you stay healthy and can even save money by helping you avoid costly health care services in the future.

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