

January 2025 social media posts

Schedule your annual checkup



HealthSelectSM CONSUMER DIRECTED HealthSelect  BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas and Consumer Directed HealthSelectSM. Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Services Company, an Independent Company of the Blue Cross and Blue Shield Association

Share text: Start the year off right and schedule an annual preventive checkup today! All HealthSelectSM medical plans, including Consumer Directed HealthSelectSM, cover most routine preventive care at 100% when you and your covered dependents see in-network providers, including the VirtualCheckup[®] by Catapult Health.

[Link to preventive care page: [https://healthselect.bcbstx.com/medical-benefits/preventive-care.](https://healthselect.bcbstx.com/medical-benefits/preventive-care)]

Weight & lifestyle management programs



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Share text: If you're enrolled in a HealthSelectSM medical plan, including Consumer Directed HealthSelectSM, you have access to weight management tools and nutrition resources to help you get your health and weight on track. WondrTM and Real Appeal[®] programs are available at no cost to eligible HealthSelect participants not enrolled in Medicare.

[Link to: <https://healthselect.bcbstx.com/condition-management/weight-lifestyle-management-programs>]

Buena Vida videos



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Share Text: Work out from wherever you are, at home or on the go, with on-demand exercise videos in the new Buena Vida wellness program.

[Link to Buena Vida page: <https://healthselect.bcbstx.com/wellness-resources/buena-vida>

Health Assessment



Share text: Got 15 minutes to spare for your good health? Take your online Health Assessment through Buena Vida and get personalized recommendations to help you set long-term health and wellness goals. Plus, you'll earn redeemable Buena Vida Bucks.

[Link to Buena Vida page: <https://healthselect.bcbstx.com/wellness-resources/buena-vida>

Habit tracking in Buena Vida



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Share text: Got a wellness goal for the new year? Whether you're trying to get back on track or establish a new healthy routine, daily habit tracking tools in Buena Vida can help.

[Link to Buena Vida page: <https://healthselect.bcbstx.com/wellness-resources/buena-vida>