

# March 2024 Social Media Posts

## Weight management programs



**HealthSelect** 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 HealthSelect. 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:** Ready to get your health and weight back on track? Wondr™ and Real Appeal® weight management programs are available to eligible HealthSelect of Texas® and Consumer Directed HealthSelectSM participants not enrolled in Medicare. Both programs give you access to weight and lifestyle management resources at no cost to you.

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

## Virtual Visit registration



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**Share text:** Virtual Visits through Doctor On Demand<sup>®</sup> and MDLIVE<sup>®</sup> offer a convenient alternative to in-person doctor's office visits. With Virtual Visits, HealthSelect<sup>SM</sup> medical plan participants, including those enrolled in Consumer Directed HealthSelect<sup>SM</sup>, have access to licensed, board-certified doctors online or by phone from the comfort of home 24 hours a day, seven days a week, including holidays.

[Link to: <https://healthselect.bcbstx.com/medical-benefits/virtual-visits>]

## BCBSTX App



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**Share text:** The BCBSTX App puts your medical plan benefits at your fingertips, wherever you are. Use it to find health care providers in your plan's network, see your claims, prior authorizations and referrals, access wellness resources and even get your digital medical ID card.

[Link to Web and Mobile Tools page: <https://healthselect.bcbstx.com/web-mobile-tools>]

## Blue Points



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**Share text:** Are you earning Blue Points<sup>SM</sup> for doing healthy activities? You can redeem up to 17,325 points each calendar year for a wide variety of items including fitness gear, kitchen gadgets, toys, sporting goods and electronics. Redeem your Blue Points today!

[Link to Blue Points page: <https://healthselect.bcbstx.com/health-and-wellness-incentives/blue-points>]



## Fitness Program promotion



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Share text: Spring into fitness this March! The Fitness Program gives you unlimited access to a nationwide network of gyms and sports facilities. Eligible HealthSelect<sup>SM</sup> medical plan participants, including those enrolled in Consumer Directed HealthSelect<sup>SM</sup>, can sign up in March with the code "**GETFIT2024**" and pay no enrollment fee!

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