

November 2024 Social Media Posts

Holiday Mental health



HealthSelectSM CONSUMER DIRECTED HealthSelect  BlueCross BlueShield of Texas

The Cross and the Shield of Texas is the first party administrator for HealthSelect of Texas and Consumer Directed HealthSelectSM. Blue Cross and Blue Shield of Texas is a Division of HealthCare Services Corporation, a Mutual Legal Services Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

Share text: Whether you're traveling or hosting, the holidays can be stressful. Your HealthSelectSM medical plan includes access to emotional support and mental health care resources to help you enjoy the season. Your benefits include digital options for mental health care like Virtual Visits through Doctor On Demand[®] and MDLIVE[®] and an on-demand, self-paced mental health service through Learn to Live.

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

Hello Heart



Share text: Take control of your health with Hello Heart. Available at no additional cost to eligible HealthSelect of Texas® and Consumer Directed HealthSelectSM medical plan participants, Hello Heart provides you with a free blood pressure monitor that syncs to an app on your smartphone. The program helps you build healthy habits that can lead to long-term lifestyle changes.

[Link to: <https://www.helloheart.com/go-ers>]

Learn to Live



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Share text: If you're noticing stress, anxiety or worry creeping into your life and it's keeping you from enjoying the moment, Learn to Live may help. Learn to Live is an online, on-demand, self-paced mental health service grounded in cognitive behavioral therapy and gives you access to a coach to work with via phone calls, email or text message.

[Link to: <https://healthselect.bcbstx.com/condition-management/learn-to-live>]

Diabetes Awareness and Benefits



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Share text: November is Diabetes Awareness Month. If you're living with diabetes or prediabetes, your HealthSelectSM medical plan includes benefits and programs to help you manage your condition and support your provider's treatment plan.

[Link to: <https://healthselect.bcbstx.com/pdf/flier-diabetes-member-journey.pdf>]

Smoking Cessation Programs



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Share text: Each November, the Great American Smokeout encourages smokers to plan to quit. Learn about programs and resources that can help you quit smoking.

[Link to: <https://healthselect.bcbstx.com/condition-management/tobacco-cessation>]

Men's Health Masterclass



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Share text: Calling all men! Join the Employees Retirement System of Texas and Blue Cross and Blue Shield of Texas in a limited-time three-part series dedicated to men's heart, mental and preventive health. Learn how you can increase your odds of living a healthier and longer life by making healthy choices, like getting regular preventive checkups, which are covered at no additional cost to you.

Link to ERS Wellness Calendar <https://ers.texas.gov/Event-Calendars/Wellness-Events>

ID Card Reminder



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Share text: Be on the lookout for your new HealthSelectSM medical plan ID card in the mail in late November. New medical ID cards will have your updated annual out-of-pocket maximum amounts for 2025.

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

Fall Enrollment



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Share text: Thinking about changing your medical plan during Fall Enrollment? The HealthSelectSM Secondary medical plan administered by Blue Cross and Blue Shield of Texas is available to retirees and their eligible spouses and dependents enrolled in Medicare. Plan benefits coordinate with original Medicare. Only Medicare-eligible retirees and their eligible dependents can make benefit changes during Fall Enrollment.

[Link to: www.healthselectoftexas.com/medical-benefits/fall-enrollment-2024]