

OCTOBER 2024 Get connected



Introducing Buena Vida: Your new well-being platform

We're excited to introduce Buena Vida, our all-new well-being platform designed to help you live the good life.

Powered by WebMD, for HealthSelect of Texas[®] medical plan participants, Buena Vida has personalized resources for physical and financial health, wellness challenges and expertise to support your unique goals.

Buena Vida has something for everyone. Here's what you can do:

- **Unite** – Access all your health and wellness benefits in one convenient place.
- **Sync** – Easily connect trackers to monitor progress.
- **Connect** – Join fun challenges and engage with others.
- **Track** – Stay on top of your goals with daily habit tracking.
- **Learn** – Find expert tips, webinars, podcasts and educational resources.
- **Earn** – Get rewarded for participating.

Get started today <https://webmdhealth.com/buena vida/>.

[See the story of our logo](#)

[Watch the promo video](#)



Fifth Annual Adapt and Thrive Virtual Wellness Fair

October 15-18

Join us virtually to recharge with a variety of engaging activities, including guest speakers, fitness classes and musical breaks throughout the day.

Attend from the comfort of your home or office.

Don't miss this chance to support your health and wellness and connect with colleagues statewide!

[Register for the fair](#)

[Watch the promo video](#)

Fitness and Nutrition Connect Community Calls

Join the BCBSTX wellness team for 15-minute check-ins to connect with others and engage in a lively wellness discussion.

Fitness Connect Community: Exercise is Medicine

Oct 8, 10–10:15 a.m.

[Register.](#)

Nutrition Connect Community: Self-Care—Food is Medicine

Oct. 22, 10–10:15 a.m.

[Register.](#)

See the full list of offerings through the [ERS Wellness Events Calendar](#).