

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.

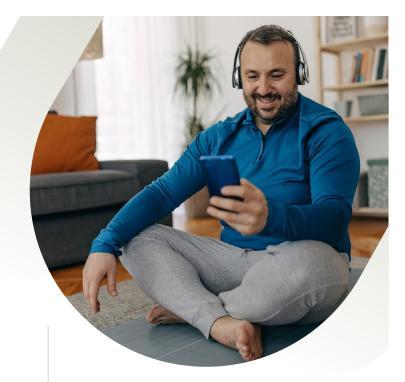
Buena Vida has something for everyone. Here's what you can do:

- **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/buenavida/.

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.