September 2023 social media posts

**Fitness Program Promotion**

  
**Share text:** Get fit this fall! HealthSelectSM medical plan participants can sign up for the Fitness Program in the month of October with the code “OCTOBERWAIVED” and pay no enrollment fee.

**Link to Fitness Program page:** <https://healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program>

**Flu shots**



**Share text:** Remember, the flu shot takes about two weeks to start protecting you, so don’t wait to get your shot. Preventive care, including immunizations, is covered at 100% by all HealthSelectSM plans, including Consumer Directed HealthSelectSM.

**Link to Preventive care page**: <https://healthselect.bcbstx.com/medical-benefits/preventive-care#immunizations>

**BCBSTX App**



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

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

**Choose your PCP**



**Share text:** Having an in-network primary care provider (PCP) can help control costs, save time and improve your overall health. HealthSelect of Texas® participants must choose an in-network PCP to get the highest level of benefits and save the most money.

**Link to PCP page:** <https://healthselect.bcbstx.com/find-a-doctor-hospital/choose-a-primary-care-provider>

**Annual checkup**

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**Share text:** All HealthSelectSM medical plans cover most routine preventive care, including annual wellness checkups, at 100% when you see an in-network provider. This means you pay nothing out of pocket. Contact your PCP today to schedule an annual wellness checkup for you and your covered dependents!

**Link to preventive care page:** <https://healthselect.bcbstx.com/medical-benefits/preventive-care>

**New plan year**

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**Share text:** The new Plan Year 2024 Medical Benefits Guide is here! It’s a great resource for answering questions about the health and wellness benefits available to all HealthSelectSM medical plan participants.

**Link to 2024 plan year page:** <https://healthselect.bcbstx.com/medical-benefits/plan-year-2024-benefits>