

September 2024 Social Media Posts

Hello Heart



HealthSelectSM CONSUMER DIRECTED HealthSelectSM BlueCross BlueShield of Texas Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas and Consumer Directed HealthSelectSM. 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: Hello Heart is a new condition management program that can help eligible HealthSelectSM medical plan participants, including those enrolled in Consumer Directed HealthSelectSM, prevent or decrease the development or advancement of heart disease and other cardiovascular conditions at no additional cost. Hello Heart helps you build healthy habits that can lead to long-term lifestyle changes.

Link to Hello Heart page: <https://healthselect.bcbstx.com/condition-management/hello-heart>

Hinge Health



Share text: Hinge Health® is a new exercise therapy program that gives you access to a digital clinic for a range of joint and muscle care, as well as an online team of coaches and physical therapists. Available at no additional cost, Hinge Health helps eligible HealthSelectSM medical plan participants, including those enrolled in Consumer Directed HealthSelectSM, move safely, prevent injuries, manage pain and recover after joint or back surgery.

Link to Hinge Health page: <https://healthselect.bcbstx.com/condition-management/hinge-health>

Learn to Live



Share text: Learn to Live is a new mental health program that provides online, coach-supported programs to help you overcome concerns including depression, insomnia, panic, stress, anxiety and worry and substance use. Learn to Live is available at no additional cost for HealthSelectSM medical plan participants, including those enrolled in Consumer Directed HealthSelectSM, age 13 and older.

Link to Learn to Live page: <https://healthselect.bcbstx.com/condition-management/learn-to-live>