

SEPTEMBER 2024

New health and well-being benefits



HealthSelect of Texas[®] and Consumer Directed HealthSelectSM plan participants have several brand new digital programs to help support your heart, mind and body. All at no additional cost.

Access support and care from the convenience of your home to manage conditions and prevent future ones.

Learn about these new benefits our webinar series:



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Hello Heart

Sept. 4, 10–10:30 a.m. CT

Get help with your cardiovascular health. This program is beneficial to those with a history of high blood pressure and cardiovascular disease. It includes a free Hello Heart blood pressure monitor that pairs directly with your smartphone.

[Register](#)



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Hinge Health

Sept. 18, 10–10:30 a.m. CT

Relieve joint, muscle and back pain with personalized digital exercise therapy. The program includes virtual sessions, unlimited one-on-one coaching and motion tracking technology.

[Register](#)



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Learn to Live Digital Mental Health Platform

Sept. 25, 10–10:30 a.m. CT

Manage your mental health, gain new skills and get help to break old patterns. Learn to adjust unhelpful thoughts and manage your mood using cognitive behavioral therapy and one-on-one coaching support.

[Register](#)

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 and the Brain

Sept. 10, 10–10:15 a.m.

[Register.](#)

Nutrition Connect Community: Nutrition for Brain Health

Sept. 24, 10–10:15 a.m.

[Register.](#)