**16306 TPA 2212-03 February 2023 social media posts**

**Annual checkup**

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

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

**Heart health webinars**

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**Share text:** February is American Heart Month. Join the Fitness and Nutrition Connect Communities this month and learn how you can keep your heart healthy through nutrition and exercise.

[Link to upcoming webinars page: <https://healthselect.bcbstx.com/publications-and-forms/healthselect-webinars>]

**HealthSelectShoppERS**



**Share text:** With HealthSelectShoppERSSM, eligible participants can earn up to $500 in TexFlexSM flexible spending account (FSA) rewards each plan year when choosing lower-cost, quality providers for certain medical services or procedures. Earned incentives will be deposited into the member’s TexFlex FSA account. If the member doesn’t have a TexFlex FSA, the Employees Retirement System of Texas will open one for them after they earn a reward.

[Link to: <https://healthselect.bcbstx.com/medical-benefits/healthselectshoppers>]

**Personal Health Assistants**

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**Share Text:** From questions about your medical benefits to help finding a provider and so much more, Blue Cross and Blue Shield of Texas Personal Health Assistants are here to help! Call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday-Friday 7 a.m. – 7 p.m. and Saturday 7 a.m. – 3 p.m. CT.

[Link to: <https://healthselect.bcbstx.com/find-a-doctor-hospital/personal-health-assistants>]

**Care management**

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**Share text:** Managing your health concerns and knowing where to go for care can feel overwhelming, but you don’t have to do it on your own. The care management program is a team of dedicated, Texas-based clinicians who can answer your questions and help you manage your health.

[Link to: <https://healthselect.bcbstx.com/medical-benefits/care-management-programs>]