

# February 2024 Newsletter: Focus on Heart

Many things can impact your heart in both healthy and unhealthy ways. Check out resources to help you engage in heart-healthy activities:

**\*NEW Benefit\***: **Catapult Health VirtualCheckup**<sup>®</sup>. HealthSelect of Texas<sup>®</sup> medical plan participants, including those enrolled in Consumer Directed HealthSelect<sup>SM</sup>, have a new way to get preventive care from anywhere. Checkups are completely virtual and available at no cost to eligible HealthSelect medical plan participants over the age of 18. To get started, request an at-home kit at [virtualcheckup.com/healthselect](https://virtualcheckup.com/healthselect). \*Check with your employer to see if you can earn a time-off incentive by getting your annual checkup with Catapult Health VirtualCheckup.

**Healthy Heart, Healthy You Webinar**: Join us Feb 22, 2024 from 10-11:00 a.m. CT to learn ways to take care of your most vital organ, your heart! The keys to preventing heart disease lie in five basic lifestyle changes: quitting tobacco, eating healthy, physical activity, and controlling blood pressure and cholesterol levels. Learn heart-healthy strategies through this informative webinar facilitated by the BCBSTX wellness team. Register through the [Healthy Heart, Healthy You webinar link](#).

Hustle for your heart with the state's **Virtual Fitness Community**! Get moving from your home or office with instructor-led classes. Join your fellow state employees to get fit with Zumba, Yoga, Core Stretch & Flex, and Strength Training and more! Learn more and join the fun through the [Virtual Fitness Calendar](#).

**Join the Fitness & Nutrition Connect community!** Through monthly MS Teams meetings you are invited to talk about various wellness topics and share your successes and challenges while learning from other participants. These monthly 15-minute virtual sessions, featuring BCBSTX wellness consultants, can help you get fit and stay healthy. Save these meeting links to your calendar through the [ERS Wellness Events Calendar](#).

**Join the Fitness Program**: Use the code **GETFIT2024** Feb 1-March 31 to waive the \$19 enrollment fee. The fitness program has multiple tiers to meet your needs. Learn more through the [HealthSelect Fitness Program page](#).

Participate in a **Virtual Scavenger Hunt** to enter a drawing for prizes. Learn about your benefits and take part in the Virtual Fitness Community! Download the [Virtual Scavenger Hunt activity page](#), complete it and turn in to [jewell.smith@oag.texas.gov](mailto:jewell.smith@oag.texas.gov) before March 29<sup>th</sup>.