

February 2024 Social Media Posts

Health Assessment



HealthSelectSM CONSUMER DIRECTED HealthSelect

BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas is the third party administrator for HealthSelectSM Texas and Consumer Directed HealthSelectSM. Blue Cross and Blue Shield of Texas, a Division of Health Care Services Corporation, a Mutual, member-owned company, an Independent Licensee of the Blue Cross and Blue Shield Association.

Share text: The online Well onTarget[®] Health Assessment takes about 15 minutes and can help you set personal goals with health and wellness recommendations. Plus, you'll earn 2,500 Blue PointsSM.

[Link to Health Assessment page: <https://healthselect.bcbstx.com/health-and-wellness-incentives/health-assessment>]

Heart health



HealthSelect[®] **CONSUMER DIRECTED** HealthSelect

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Share text: Join the Fitness and Nutrition Connect Communities this month with Blue Cross and Blue Shield and your state agency colleagues to 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



HealthSelect! CONSUMER DIRECTED HealthSelect

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Share text: With HealthSelectShoppERSSM, you or your eligible dependents could earn up to \$500 per family, per year, in a TexFlexSM flexible spending account for choosing lower-cost options for certain medical services.

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

Fitness Program



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Share text: Get fit this February! Eligible HealthSelectSM medical plan participants can sign up for the Fitness Program in the month of February and pay no enrollment fee with the code “**GETFIT2024**”.

[Link to: <https://healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program>]