# February 2024 Social Media Posts

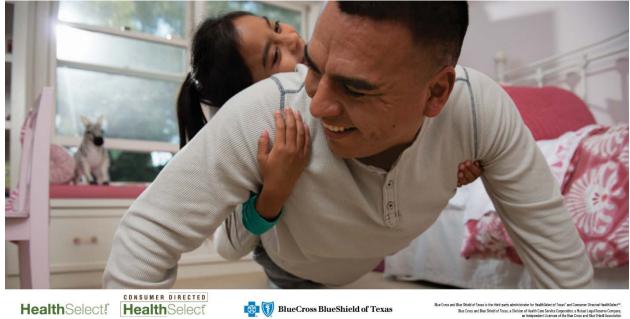
## **Health Assessment**



**Share text:** The online Well onTarget<sup>®</sup> 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 Points<sup>™</sup>.

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

#### Heart health



**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: <u>https://healthselect.bcbstx.com/publications-and-forms/healthselect-webinars</u>]

## HealthSelectShoppERS



**Share text:** With HealthSelectShoppERS<sup>SM</sup>, you or your eligible dependents could earn up to \$500 per family, per year, in a TexFlex<sup>SM</sup> flexible spending account for choosing lower-cost options for certain medical services.

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

## **Fitness Program**



**Share text:** Get fit this February! Eligible HealthSelect<sup>SM</sup> 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]