

# April 2024 Social Media Posts

## Mental health benefits



HealthSelect<sup>SM</sup> CONSUMER DIRECTED HealthSelect<sup>SM</sup>  BlueCross BlueShield of Texas Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>SM</sup> and Consumer Directed HealthSelect<sup>SM</sup>. Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Services Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

**Share text:** If you're struggling with alcohol and substance use, your HealthSelect<sup>SM</sup> medical plan can help you get the support you need. All plans, including Consumer Directed HealthSelect<sup>SM</sup>, include support for your mental health, from dedicated care management clinicians to coverage for online and in-person mental health appointments.

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

# April 2024 Social Media Posts

24/7 mental health line



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**Share text:** If you or your covered dependent are in a crisis situation and need immediate help to find resources for care for a mental health or substance use issue, call **(800) 252-8039 (TTY: 711)**. Ask to speak to a mental health clinician or follow the prompts to get help 24 hours a day, seven days a week.

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

# April 2024 Social Media Posts

## Options for care, Nurseline



**Share text:** Headache, sick child, fever, asthma, back pain? Not sure where to go for care? If you need help deciding, or you just have a question about a health concern, the Blue Cross and Blue Shield of Texas 24/7 Nurseline may be your answer. Registered nurses can answer many general health questions and help you decide where to go for care.

[Link to: <https://healthselect.bcbstx.com/find-a-doctor-hospital/24-7-nurseline>]

# April 2024 Social Media Posts

## Cost estimates through Provider Finder

### Estimated Procedure Cost for **MRI Lower Limb with Contrast** at **Medical Diagnostic IMG Abilene**



**Share text:** When your doctor tells you that you need to have a medical procedure or see a specialist, use Provider Finder to get a cost estimate at in-network providers nearby. It can help you get the most out of your benefits and save you the most money.

[Link to article: currently in production]

# April 2024 Social Media Posts

## Fitness Connect Community



**Share text:** Exercise can help boost endorphins and help protect your body from the harmful effects of stress, according to the Mayo Clinic. Join BCBSTX on April 9 for the online Fitness Connect Community to learn more about how movement combats stress.

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

# April 2024 Social Media Posts

## Nutrition Connect Community



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**Share Text:** Knowing what to pick out at the grocery store can be stressful. You're invited to join BCBSTX on April 23 for the online Nutrition Connect Community to learn about how to choose the most nutritious foods when grocery shopping.

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