April Social Media Posts

**Social Media Post #1**

April is Stress Awareness Month! This month ERS is offering resources to help you thrive in stressful times Check out all of the April wellness webinar opportunities through the ERS Wellness Events Calendar:

[Wellness Events | ERS (texas.gov)](https://ers.texas.gov/Event-Calendars/Wellness-Events)



**Social Media Post #2**

Mediation Re-Boot Camp! If you’ve ever wanted to try meditation, or if you’ve tried before but struggled to make it a daily habit, join us for this 5-day meditation opportunity! Each day between April 12-16 you will be emailed a link to a 10-minute meditation that you can incorporate into your day. Register through this link: [Meditation Re-Boot Camp Registration (google.com)](https://docs.google.com/forms/d/e/1FAIpQLSeAF3r75-rxBZxtTfj5RR6nLU-PYkfERmS29Cvju1LN4L9TsA/viewform)



**Blue Access for Members App**



**Share text:** The BCBSTX App puts your medical plan benefits at your fingertips, wherever you are. Use it to access resources including Provider Finder® and BCBSTX Personal Health Assistants, find prior authorizations and referrals and even a digital version of your medical ID card.

[Link to Web and Mobile Tools page: <https://healthselect.bcbstx.com/content/web-mobile-tools/index>]

**Self-management programs**



Well onTarget® digital self-management programs can help you reach your health and wellness goals. April is National Stress Awareness Month, so we’re highlighting a program to help you learn strategies for coping with stress.

[Link to: <https://healthselect.bcbstx.com/content/health-and-wellness-incentives/self-management>]

**Health Assessments**



**Share text:**   
Got 15 minutes to spare? Take your online Health Assessment through Well onTarget® and get health and wellness tips that can help you set personalized long-term goals. Plus, you’ll earn 2,500 Blue PointsSM!

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

**Short Presentation Series**



**Share text:** HealthSelectSM medical plans offer many health and wellness resources, including Virtual Visits and HealthSelectShoppERSSM. Our new webinar series will explain all the ways your medical plan can boost your overall health and wellness, which can help you save money on health care.

[Link to Cvent registration page: In production, BCBSTX to share final link when available.]