**February Wellness Social Media Posts**

**Social Media Post #1**

It’s #AmericanHeartMonth! Wear red on Friday, February 5th, 2020 to support National Heart Health awareness. Learn more about heart health this month through one of our webinars. Register through [the ERS Wellness Events Calendar](https://ers.texas.gov/Event-Calendars/Wellness)!



**Social Media Post #2**

Join us on February 11th from 10-11 a.m.CST for Life’s Simple 7® webinar with Dr. Eduardo Sanchez, the Chief Medical Officer for the American Heart Association. Dr. Sanchez will share the AHA’s valuable tool Life’s Simple 7, outlining seven predictors of heart health and the pathway for achieving ideal cardiovascular health.

Registration link: <https://attendee.gotowebinar.com/register/1000705527204190480>



**Social Media Post #3**

Join Michael Harper, M.Ed., the Fitness Training Supervisor at the Texas Department of Public Safety on Feb 18th at 10 a.m. CST for **Matters of the Heart**. In this webinar, he will discuss the biggest risk factors for heart disease and explain what you can do to keep your heart healthy.

Registration Link: <https://attendee.gotowebinar.com/register/6861875459568660495>



**Social Media Post #4**

If you, or one of your family members is interested in quitting tobacco, please join us on February 25th at 10 a.m. CST for ***Kicking the Habit: Tobacco free for me***, a free webinar that will provide evidence-based strategies and resources for quitting tobacco or vaping.



Registration Link: <https://attendee.gotowebinar.com/register/6925311783251099920>

**Self-management programs**



**Share text:** Well onTarget® digital self-management programs can help empower you to reach your wellness goals. February is Heart Health Month, so we’re highlighting programs to help manage heart conditions, including coronary artery disease and congestive heart failure.

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

**Care management programs**



**Share text:**

Managing your health concerns and figuring out the health care system can feel overwhelming, but you don’t have to do it on your own. The care management program is a team of dedicated, Texas-based clinicians who can personally address your health-related questions. Learn more about care management programs. [Link to: <https://healthselect.bcbstx.com/content/health-and-wellness-incentives/care-management-programs>]

**HealthSelectShoppERS**



**Share text:**
You could earn up to $500 in HealthSelectShoppERSSM rewards in a TexFlexSM flexible spending account each plan year for choosing lower-cost options for certain medical services or procedures. [Link to: <https://healthselect.bcbstx.com/content/medical-benefits/healthselectshoppers>

**Preventive care**



**Share text:** Preventive care can help prevent or find medical problems and diseases before they become serious. HealthSelect of Texas® medical plans, including Consumer Directed HealthSelectSM, cover most preventive screenings and services with no out-of-pocket costs, like copays or coinsurance, when you visit an in-network provider. Learn more about your preventive care benefits. [Link to: <https://healthselect.bcbstx.com/content/medical-benefits/preventive-care>]

**Fitness Program February enrollment fee waive**



Staying active is more important than ever. New Fitness Program features may make it the perfect time to jump back into fitness. Join between February 1-28, 2021, using promo code “Hello2021” to waive the one-time $19 enrollment fee. Check with your local participating fitness facility to see what they’re doing to help you stay safe and get active. [Link to: <https://healthselect.bcbstx.com/content/health-and-wellness-incentives/fitness-program>]