

# June 2024 Social Media Posts

## Men's health month



HealthSelect<sup>SM</sup> CONSUMER DIRECTED HealthSelect  BlueCross BlueShield of Texas

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Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
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**Share text:** Men are less likely than women to get annual preventive checkups, according to the CDC. Increase your odds of living healthier and longer by making healthy choices, like getting regular preventive care checkups. With the help of your HealthSelect<sup>SM</sup> medical plan, which covers most in-network preventive care at no cost, you can help reverse the trend.

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

## Fitness Connect Community



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**Share text:** Get back to the basics of exercise and join BCBSTX on June 11 for the online Fitness Connect Community to learn more about fitness fundamentals.

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

## Nutrition Connect Community



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**Share Text:** Looking for ideas to beat the heat this summer? You're invited to join BCBSTX on June 25 for the online Nutrition Connect Community to learn about nutritious food to help you stay hydrated.

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