

May 2024 Social Media Posts: Mental Health Awareness & Women's Health

Women's health



HealthSelectSM CONSUMER DIRECTED HealthSelect BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of TexasSM and Consumer Directed HealthSelectSM. Blue Cross and Blue Shield of Texas is a Division of Health Care Services Corporation, a Mutual Legal Reserve Company, an Equal Opportunity Employer of the Blue Cross and Blue Shield Association.

Share text: Make your health a priority. The HealthSelect of Texas[®] medical plans, including Consumer Directed HealthSelectSM, cover preventive care, including annual well-woman exams and preventive screenings like mammograms and colonoscopies, at no cost to you. Speak to your PCP about recommended screenings for women in your age group.

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

Mental health Virtual Visits



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Share text: Taking care of your mental health is an important part of overall health. Most HealthSelectSM medical plans include access to no-cost mental health Virtual Visits through MDLIVE[®] and Doctor On Demand[®]. Consumer Directed HealthSelectSM participants pay 20% after meeting the annual deductible.

[Link to: <https://healthselect.bcbstx.com/content/medical-benefits/virtual-visits>]

BCBSTX HealthSelect social media posts

24/7 mental health line



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Share text: For immediate help finding mental health and substance use resources, participants in the HealthSelect of Texas[®] medical plans, including Consumer Directed HealthSelectSM, can call **(800) 252-8039 (TTY: 711)**. Ask to speak to a BCBSTX mental health clinician or follow the prompts to get help 24 hours a day, seven days a week at no additional cost.

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

Mental health benefits



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Share text: If you struggle with mental health issues, you're not alone. One in five U.S. adults experience mental illness. Your HealthSelect of Texas[®] medical plan, including Consumer Directed HealthSelectSM, gives you access to emotional support and mental health benefits. Your plan covers both inpatient and outpatient treatment, including Virtual Visits.

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