



BlueCross BlueShield
of Texas



Weight Management *Experience. Wellness. Everywhere.*SM

Support for a slimmer, healthier you

If you've considered losing weight, you've probably thought, "I'll start tomorrow." Unfortunately, tomorrow can turn into next week ... next month ... and next thing you know, tomorrow is nowhere in sight. If you want to seize the day and start losing weight, Blue Cross and Blue Shield of Texas (BCBSTX) wants to help.

Through **Blue Care Connection**[®], BCBSTX has developed a Weight Management program to help you slim down and feel healthier. The program offers guidance and support through lifestyle and motivational coaching, personalized goal setting with action plan, online tools, an Audio Health Library and discounts to wellness-related products and services.

All Blue Care Connection programs are offered at no charge to you and your participation is completely voluntary.

Weight Management Assistance

Once you have been identified as a candidate for the Weight Management program, your "Readiness to Change" will be assessed to determine the level of outreach you will receive. Outreach could include working with a Wellness Coach who would provide personal assistance such as goal setting and periodic progress checkups, or you may choose to only use self-guided tools and resources.

Enroll Today

There are many ways to enroll in the Weight Management program. You can call Customer Service using the phone number listed on the back of your ID card, or send an e-mail to **Ask A Dietitian** through the Personal Health Manager (PHM).

Also, you may be identified for outreach by:

- Completing a Health Risk Assessment through the PHM
- Participating in a Health Fair which may be offered by your employer



TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Weight Management

Support for a slimmer, healthier you

Self-guided tools and resources include:

Personal Health Manager

The Personal Health Manager (PHM) is an online resource that connects you to information and tools designed to help you maintain (or improve) your health. Through the **For Your Health** section, the PHM offers various support options to help you reach your goal weight, such as:

Get Fit:

- Customized cardiovascular, strength and flexibility plans
- Accommodates everyone from beginner to expert
- Provides a virtual demonstration of each exercise, enabling you to learn proper techniques

Eat Right:

- Personalized nutrition plan
- Recommends calories and servings from all food groups
- Daily meals are recommended or you can create your own
- Automatically calculates and compares daily intake to recommended intake
- Adjusts recommendations according to activity levels

Lose Weight – This program provides the tools and resources you need to set and track:

- Healthy weight goals
- Activity goals
- Healthy eating goals

Expert Coaching:

- **Ask A Trainer** – Ever wonder what some effective exercises are to flatten your stomach or how to train for a 10K run? Ask one of our certified personal trainers!
- **Ask A Dietitian** – Is it true that green tea is really good for you? Ask a registered dietitian questions about food and nutrition.

Blue PointsSM

Every time you track a fitness workout, report a meal, use any of the expert coaching features, or utilize other features in the **For Your Health** section, you will earn Blue Points. These points are redeemable at the Blue Points Redemption Center on the PHM for health promotion products and other merchandise. You can earn up to 1,000 points per week and you only need 2,500 points to claim your first reward.

To access the PHM, log into Blue Access[®] for Members at www.bcbstx.com/member. PHM is located on your home page.

BlueExtrasSM Discount Program

BlueExtras saves you money on health care products and services not usually covered by your health care benefits plan. There are no claims to file, no referrals or pre-authorizations and no additional fees to participate. BlueExtras provides discounts to Jenny Craig, Curves and Complementary Alternative Medicine (CAM) which includes discounts on vitamins, health and wellness magazines, gym memberships, massages, spas, acupuncture, yoga, Tai Chi and more.

To access BlueExtras, log into Blue Access for Members at www.bcbstx.com/member, and then click on the My Coverage tab at the top.



Once you have engaged with your Wellness Coach, you will receive a toolkit at your home that provides additional support.

24/7 Nurseline Audio Health Library

The 24/7 Nurseline provides 24-hours a day / seven days a week access to an Audio Health Library of prerecorded information about weight management, as well as other basic health topics.

To access the Audio Health Library, call the 24/7 Nurseline at (866) 412-8795. **Note:** If you have a 24/7 Nurseline telephone number listed on the back of your ID card, you should call that number.

To have the best chance of successfully losing weight and keeping it off, educate yourself about nutrition and exercise, and get support. Contact us by calling the Customer Service telephone number listed on the back of your ID card.



BlueCross BlueShield of Texas

Experience. Wellness. Everywhere.SM