

# Healthy County Resources

Employees who embrace wellness experience increased productivity, improved morale and stronger workplace loyalty. An employee's healthier lifestyle translates into lower absenteeism, lower health care costs and fewer workers' compensation claims. Healthy County can help get you there.

## Online Access

🍏 **Healthy County** on the TAC website at [county.org/healthycounty](http://county.org/healthycounty)

🍏 **Employee Self-Service (ESS) Portal** at [mybenefits.county.org](http://mybenefits.county.org)  
*Access to Healthy County wellness program information, the WebMD ONE wellness portal, BCBSTX benefits and records, Navitus Health Solutions for prescription benefits, the Texas County & District Retirement System and more.*

🍏 **Healthy County powered by WebMD ONE** at [county.org/webmdone](http://county.org/webmdone)  
*Access to wellness contests and incentives, the fitness device storefront, activity tracking, health education courses and more.*

🍏 **Follow Healthy County on Facebook** at [facebook.com/TACHealthyCounty](http://facebook.com/TACHealthyCounty)

## Lifestyle Resources

### Healthy County powered by WebMD ONE

This integrated health and physical activity portal gives you access to Healthy County wellness contests, Healthy Lifestyle Reward redemptions (for participating counties), a fitness device subsidy and the storefront, where you can find activity trackers, free health education courses and more.

**ONLINE:** Healthy County powered by WebMD ONE at [county.org/webmdone](http://county.org/webmdone)

### WebMD ONE Health Assessment

Begin with a confidential, personalized guide to your overall health. Learn how the lifestyle choices you make today can affect you in the future and put your health at risk.

**ONLINE:** Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to WebMD ONE Wellness Portal Site > ONE Health Assessment

### Blue Points Rewards

Earn points from the Well onTarget program from Blue Cross and Blue Shield of Texas (BCBSTX) by participating in healthy activities. Redeem points for physical gift cards from a variety of merchants.

**ONLINE:** Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Wellness Tab > Well onTarget

### Employee Assistance Program

The employee assistance program provided by Alliance Work Partners offers employees and their families solution-focused counseling, guidance, training, resources and referrals to help balance work with life and increase health and well-being at no cost to our members.

**ONLINE:** [awpnow.com](http://awpnow.com)  
**PHONE:** (800) 343-3822  
**REGISTRATION CODE:** AWP-TACHEBP-4661

### Wondr Health™

Offered periodically during the year, this online 10-week program offers the secret to lasting weight loss that doesn't involve starving, counting calories or eating diet food.

**ONLINE:** [county.org/wondrhealth](http://county.org/wondrhealth)

### Omada®

Omada is a digital lifestyle-change program that helps people at risk for Type 2 diabetes or heart disease lose weight and build sustainable habits that improve their health. A professional Omada health coach and a small group of online participants keep you engaged and on track throughout your journey.

**ONLINE:** [omadahealth.com/healthycounty](http://omadahealth.com/healthycounty)  
**REGISTRATION CODE:** healthycounty

### Gym Discount Program

Join the BCBSTX Fitness Program for unlimited access to thousands of participating fitness locations nationwide. There is a \$19 one-time enrollment fee + tiered network options with prices ranging from \$19 to \$239 a month with no annual contract.

**ONLINE:** Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Wellness Tab > Fitness Program

### Digital Self-Managed Programs

From stress management to weight loss, nutrition, fitness and more, a Well onTarget lifestyle coach can guide you along your journey to better health.

**ONLINE:** Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Wellness Tab > Well onTarget > Courses

### Learn to Live

Learn to Live is an online resource that can help with mental health concerns such as anxiety, stress, depression, substance abuse and sleep problems. Programs are based on therapy techniques with a track record of helping people feel better. Learn to Live is confidential, accessible anywhere and available at no added cost to you and your family. Choose the program for you by taking a quick assessment today.

**ONLINE:** Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Wellness Tab > Learn to Live



## Health Management Resources

### Blue Access for Members

Take charge of your health – and save time and money – with BCBSTX Blue Access for Members. Review your health and dental coverage, examine claims, find doctors and hospitals through Provider Finder,® estimate costs for a medical service, find a dentist and more.

**ONLINE:** Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site

### Telemedicine with MDLIVE

Conduct a virtual visit with a doctor or therapist who can provide a diagnosis and prescribe medications (when appropriate) via videoconference, mobile app or telephone 24/7. Services include general health, pediatric care and behavioral health.

**ONLINE:** mdlive.com/BCBSTX  
**PHONE:** Call (888) 680-8646

### 24-Hour Nurseline

Speak confidentially at no cost with an experienced registered nurse who can help with health care concerns for you and your family.

**PHONE:** Call (855) 357-5228; ask for Nurseline

### Airrosti

Airrosti is a safe, noninvasive and highly effective alternative to surgery, pain management and long-term chiropractic or physical therapy programs. The copay is the same as a primary care visit (PPO plans only).

**ONLINE:** airrosti.com  
**PHONE:** Call (800) 404-6050  
**VIRTUAL VISITS:**  
airrosti.com/RemoteRecovery

### Condition Management

Confidential assistance and health coaching are available through Wellbeing Management for conditions including cancer, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disease, asthma, diabetes, metabolic syndrome, high blood pressure and more.

**ONLINE:** Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > WellnessTab > Well onTarget > Courses

### Teladoc Health® (formerly Livongo®)

Teladoc Health empowers self-management of chronic conditions for individuals with diabetes and/or hypertension. Participants who are in the Teladoc Health for Diabetes program will receive the Teladoc Health blood glucose meter, unlimited diabetes test strips, which are delivered on demand, and immediate interventions when blood glucose levels are dangerously high or low. Participants who are in the Teladoc Health for Hypertension program will receive a Teladoc Health blood pressure monitor and personalized feedback on their readings. Teladoc Health coaches provide support for questions on nutrition or lifestyle changes. All supplies are provided to the member at no cost.

**ONLINE:** TeladocHealth.com/GO/  
HEALTHYCOUNTY  
**REGISTRATION CODE:** HEALTHYCOUNTY

### Quit Tobacco

This six-week online or telephonic tobacco cessation program provides personal coaching and cessation medications.

**ONLINE:** Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Wellness Tab > Well onTarget > Courses  
**PHONE:** (877) 806-9380  
**MEDICATIONS:** For questions about covered cessation medications, call Navitus Health Solutions at (866) 333-2757

### Women's and Family Health Programs

These programs focus on maternity management and parenting support. Maternity management consists of low risk maternity management support via Ovia Health, more specialized management for high risk pregnancies via Special Beginnings and a self-management program via Well onTarget.

**PHONE:** Call (855) 357-5228 to find out which women's and family health program is right for you.



## Subscribe to the Monthly Healthy Byte E-Newsletter!

For Healthy County news, challenge updates, healthy lifestyle tips and inspiring stories.

Sign up at  
[county.org/HCMonthly](http://county.org/HCMonthly)



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

# GUÍA PASO A PASO

## PASOS PARA REGISTRARSE (2 OPCIONES):

### Método 1: Inicio de sesión directo en WebMD ONE



1. Ingrese a [county.org/webmdone](https://county.org/webmdone).
2. Haga clic en "Create Account" [Crear una cuenta].
3. Ingrese los primeros nueve dígitos de su identificación de miembro de Blue Cross and Blue Shield of Texas (BCBSTX) que aparecen en su tarjeta de beneficios de salud (omite las letras). Los cónyuges deberán agregar su fecha de nacimiento (XXXXXXXXMMDDAAAA) al final de su identificación de miembro de BCBSTX.
4. Ingrese su fecha de nacimiento.
5. Siga las instrucciones para crear su cuenta.

### Método 2: Aplicación móvil, Wellness At Your Side



1. Visite la App Store de Apple o Google Play y busque "Wellness At Your Side".
  2. Descargue y abra la aplicación, luego ingrese su código de conexión: **county**.
  3. Siga los pasos del método 1, comenzando con el paso 2, para crear su cuenta.
- Solo necesita crear una cuenta de WebMD ONE una vez. Sus credenciales de inicio de sesión funcionarán tanto en el sitio web de WebMD ONE como en la aplicación móvil.

## PASOS PARA SINCRONIZAR UN DISPOSITIVO

Para los usuarios recién registrados, se les solicitará que sincronicen su dispositivo durante el registro. Si va a utilizar un dispositivo Apple o Samsung, debe utilizar la aplicación Wellness At Your Side para sincronizar los dispositivos.

Si ya se ha registrado anteriormente y necesita agregar un dispositivo, siga estas instrucciones:

1. Ingrese a la App Store de Apple o Google Play y descargue la aplicación asociada con el fabricante de su dispositivo (Fitbit para un Fitbit, Google Health para Samsung, Garmin Connect para Garmin, etc.).
2. Siga las instrucciones del fabricante de su dispositivo para crear una cuenta en esa aplicación si aún no lo ha hecho y, luego, conecte su dispositivo a ella.
3. Inicie sesión en su cuenta de WebMD ONE en [county.org/webmdone](https://county.org/webmdone) o abra la aplicación Wellness At Your Side.
4. Haga clic en el ícono de dispositivos/aplicaciones en la parte superior de la pantalla.
5. Elija su dispositivo según el tipo de dispositivo que tenga.
6. Haga clic en "Connect" [Conectar] en su dispositivo seleccionado e ingrese las credenciales de inicio de sesión que utiliza para iniciar sesión en la aplicación móvil de ese dispositivo.
7. ¡GENIAL! Está listo para comenzar. Sincronice sus datos con la aplicación de su dispositivo y observe cómo se transfieren a su perfil.

*Los dispositivos de Apple y Samsung solo se pueden sincronizar mientras se utiliza la aplicación Wellness At Your Side.*

# GUÍA PASO A PASO

## PASOS PARA COMPRAR UN DISPOSITIVO

1. Inicie sesión en su cuenta de WebMD ONE en [county.org/webmdone](https://county.org/webmdone).
2. Haga clic en la tarjeta destacada “Get a Fitness Tracker” [Obtener un dispositivo de control fitness] en la sección “Take Action” [Actúe ahora] en el medio de la página.
3. Una vez esté en la tienda en línea de dispositivos, hay dos formas de utilizar su código de descuento:
  - Seleccione “Click to Redeem” [Haga clic para canjear] debajo de su dispositivo preferido en el banner de “Featured Products” [Productos Destacados] para recibir un dispositivo Garmin o Fitbit sin costo\* con su código de descuento.
  - Utilice su código de descuento de \$30 para subsidiar el costo de un dispositivo mejorado.
4. Haga clic en el dispositivo que le gustaría comprar.
5. Haga clic en “Add to Cart” [Agregar al carrito].
6. Haga clic en “Shopping Bag” [Bolsa de compras] en la esquina superior derecha de la página.
7. Haga clic en “View Cart & Checkout” [Ver carrito y Pagar].
8. Para utilizar su código de descuento de \$30, ingrese los primeros nueve dígitos de su número identificación de miembro de BCBSTX que aparecen en su tarjeta de beneficios de salud (omite las letras) en la casilla de código de descuento y haga clic en “Apply Coupon” [Aplicar descuento]. Los cónyuges deberán ingresar la identificación de nueve dígitos más su fecha de nacimiento (XXXXXXXXMMDDAAAA)\*.
9. Desplácese hacia abajo y haga clic en “Proceed to Checkout” [Proceder a pagar].
10. Llene su información de facturación y envíe.
11. Para finalizar su pedido, marque la casilla “I’ve read and accept the terms & conditions” [He leído y acepto los términos y condiciones] y haga clic en “Place Order” [Realizar pedido].

*\*El código de descuento de \$30 se puede utilizar una vez cada dos años. El valor del código de descuento varía dependiendo del dispositivo destacado que se canjee y es un incentivo de bienestar sujeto a impuestos.*

## ¿TIENE ALGUNA PREGUNTA?

Visite [county.org/webmdone](https://county.org/webmdone) y haga clic en “Contact Us” [Contáctenos] en la parte inferior de la página o comuníquese al servicio de atención al cliente llamando al (877) 855-9430, de lunes a viernes de 7:30 a. m. a 7 p. m., hora del centro.



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL





## Register for WebMD ONE, powered by Healthy County

- Earn up to **75 points**, redeemable for merchandise or gift cards, for completing healthy activities.
- Scan the QR Code to download the Wellness At Your Side app, connection code: **county**.
- **Need help?** Call WebMD Customer Service at (877) 855-9430, Monday – Friday 7:30 am – 7:00 pm CT.

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## Regístrese en WebMD ONE, impulsado por Healthy County

- Obtenga hasta **75 puntos**, canjeables por mercancía o tarjetas de regalo, al completar actividades saludables.
- Escanee el código QR para descargar la aplicación Wellness At Your Side, código de conexión: condado [**county**].
- **¿Necesita ayuda?** Comuníquese al servicio de atención al cliente de WebMD llamando al (877) 855-9430, de lunes a viernes de 7:30 a. m. a 7:00 p. m., hora central.

## Connecting Samsung and Google Fit to the WebMD Wellness At Your Side (WAYS) App

If you use an activity-tracking device, it must be synced to ensure activity data is transmitted to the WebMD Wellness At Your Side (WAYS) app. The instructions below describe how to connect your device and the WAYS app; video tutorials are also available. For further assistance, please contact customer service.

**Samsung Health** is Samsung's official health and fitness app that tracks your activity, sleep, nutrition, and more.

### Check Current Status

1. Open Android **Settings**
2. Go to **Security & privacy** → **Privacy controls** → **Health Connect**
3. Tap **App permissions**
4. Verify Samsung Health is **NOT** in the "Allowed access" list

### Connect Samsung Health

1. Open **Samsung Health** app
2. Tap the **menu icon** (...) in the top right corner
3. Select **Settings**
4. Scroll down to "Connected apps and services"
5. Tap **Health Connect**
6. You'll see a popup: "Turn on Health Connect access in Settings"
7. Tap **OK** - this redirects you to Android Settings
8. Enable the toggle to allow Health Connect access
9. Select which data types to share
10. Tap **Allow** to confirm

### Verify Connection

1. Return to Android **Settings**
2. Navigate to **Security & privacy** → **Privacy controls** → **Health Connect**
3. Tap **App permissions**
4. Confirm Samsung Health is now listed under "Allowed access"

### Video Tutorial

[Watch: Samsung Health Setup](#)

**Google Fit** tracks your fitness activities, monitors your progress, and provides insights into your health.

#### Check Current Status

1. Open Android **Settings**
2. Go to **Security & privacy** → **Privacy controls** → **Health Connect**
3. Tap **App permissions**
4. Verify Google Fit is **NOT** in the "Allowed access" list

#### Connect Google Fit

1. Open **Google Fit** app
2. Tap your **profile picture** (bottom right)
3. Tap the **gear icon**  at the top right
4. Scroll down to the "Health Connect" section
5. Tap **Sync Fit with Health Connect**
6. Toggle the switch to **ON**
7. Review and allow the requested permissions
8. Follow any additional on-screen prompts

#### Verify Connection

1. Return to Android **Settings**
2. Navigate to **Security & privacy** → **Privacy controls** → **Health Connect**
3. Tap **App permissions**
4. Confirm Google Fit is now listed under "Allowed access"

#### Video Tutorial

[Watch: Google Fit Setup](#)

## WebMD Wellness At Your Side App (WAYS)

The Ways App integrates with Health Connect to track your health and fitness data. By connecting to Health Connect, your activity, steps, sleep, and other health metrics can be synced automatically from other fitness apps.

### Before You Begin:

Make sure Health Connect is installed on your device. If not, download it from the [Google Play Store](#).

## STEPS TO CONNECT

1. Open the **WAYS App**
2. Tap **More** in the top left of the screen
3. Tap **App Settings**
4. Under the "Device Connections" section, find **Health Connect**
5. Toggle the **Health Connect** switch to **ON**
6. You'll see "Get started with Health Connect" screen
7. Tap **Get Started**
8. Review the information about Health Connect
9. On the permissions screen, tap **Allow all** (or select individual data types):
  1. Exercise
  2. Sleep
  3. Steps
  4. Weight
10. Tap **Allow** to confirm permissions
11. You'll see "Turn On Background Sync" screen (recommended)
12. Tap **Turn On** to enable automatic syncing
13. Allow background access when prompted
14. You'll see "Connected" confirmation screen
15. Tap **Ok** to complete setup

## VERIFY CONNECTION

1. Return to **App Settings** in the Ways App
2. Under "Device Connections", verify **Health Connect** toggle is **ON** (blue)
3. You can also tap **Manage Data Permissions** to review what data is shared

## VIDEO TUTORIAL

[Watch: Ways App Health Connect Setup](#)



Texas Association of Counties  
**Health and Employee Benefits Pool**  
Employee Assistance Program (EAP)



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

Alliance Work Partners is  
here for you as life happens.

AWP is proud to serve as your EAP, offering you and your household valuable, *confidential* services at no cost to you.

Your benefits are designed to help you manage daily responsibilities, major events, work stresses, or any issue affecting your quality of life.

All benefits can be  
accessed by calling:

toll free

**1-800-343-3822**

TDD

**1-800-448-1823**

teen line

**1-800-334-TEEN (8336)**

We are available to take your call  
24 hours a day, 7 days a week.



Visit your EAP website at  
**awpnow.com**

and create a  
customized account.

Go to

<https://www.awpnow.com>

Select "Access Your Benefits"

Registration Code:

**AWP-TACHEBP-4661**

## Your EAP Benefits:

### LawAccess

Legal and Financial services provided by a lawyer or financial professional specializing in your area of concern. Available online or by telephone.

### HelpNet

Customized EAP website featuring resources, skill-building tools, online assessments and referrals.

### WorkLife

Resources and referrals for everyday needs. Available by telephone.

### SafeRide

Reimbursement for emergency cab or rideshare fare for eligible employees and dependents that opt to use a cab/rideshare service instead of driving while impaired.

### 1 to 6 Counseling Sessions

Per problem, per year. Short-term counseling sessions which include assessment, referral, and crisis services. *(Same day appointments available for urgent/crisis callers, or facilitation of immediate hospitalization)*

### Newsletters

**Webinar Training Series**  
**Tips for Everyday Living**

*Here for you as life happens ...*



## Employee Assistance Program (EAP)

# Criteria for Benefits Eligibility

### Full Benefits:

- Employee, retiree, married/divorced spouse, partner, significant other
- Any household member, regardless of age or relationship, residing in employee's home, including significant other and their children
- All covered employees may bring anyone with them to their authorized/covered sessions regardless of relationship to employee.
- Children and grandchildren, **age 26 or under**, residing in US or Puerto Rico. This includes children and grandchildren of significant other or partner.
- Any person meeting benefit eligibility prior to lay-off or termination of an employee will continue to be eligible for benefits up to 6 months from the date of employee's lay-off or termination. Benefits are extended for 6 months from date of employee's call within this timeframe.

### Assessment & Referral:

- Children and grandchildren **age 27 and over** of employee, married/divorced spouse, partner, or significant other living outside employee's home
- Employee instructed by law to receive court-ordered counseling
- All crisis cases (suicidal/homicidal, domestic violence, chemical dependence, substance abuse, child/elderly abuse) not otherwise covered
- Any person meeting benefit eligibility prior to lay-off or termination of an employee will continue to be eligible for assessment and referral after 6 months and up to 1 year from the date of employee's lay-off or termination. Benefits are extended 1 year from date of employee's call within this timeframe.

### Information & Referral:

- Anyone contacting Alliance Work Partners regardless of contract status

Children under the age of 18 must have a written, signed release by their guardian who has custody (whether living in the home or not) to attend counseling on their own. This release is given to their affiliate provider. Divorced parents who bring their children in for counseling must bring a copy of their divorce decree or have signed permission from the other parent before bringing a child into counseling. Grandparents who bring their grandchildren into counseling must have proof of guardianship or written permission from the child's parents.



Together.  
Better.  
Stronger.

# Texas Association of Counties Health and Employee Benefits Pool

## Programa de Asistencia para Empleados (EAP)

TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL



### Alliance Work Partners

Aquí para usted como pasa la vida

AWP está orgulloso servirle como su programa de asistencia para empleados EAP. Les ofrece a usted y sus miembros de su casa servicios valiosos y confidenciales sin costo al empleado. Sus beneficios les ayudarán lograr y manejar efectivamente sus responsabilidades familiares diarias, gran eventos en su vida, estrés de trabajo, o cualquier asunto, problemas que le afecten a su calidad de vida.

### Para tener acceso a todos los beneficios se puede llamar:

Llamada gratuita  
**1-800-343-3822**

Acrónimo TDD  
**1-800-448-1823**

Línea para adolescentes  
**1-800-334-TEEN (8336)**

Estamos a su disposición atender su llamada 24 horas al día, 7 días a la semana.



Para crear una cuenta en línea, visite su sitio web personalizado EAP

Va a

**www.awpnow.com**

Seleccione "acceso a sus beneficios"

Código de registro:

**AWP-TACHEBP-4661**

## Sus beneficios incluyen EAP

### LawAccess

Los servicios financieros y asuntos legales provistos por un abogado o financiero profesional especializados en un área que se preocupe. Están disponibles en línea o por teléfono. Además, hay formularios, referencias, y otros recursos disponibles.

### HelpNet

El sitio web personalizado que incluye herramientas para el desarrollo de habilidades, evaluaciones, y referencias.

### WorkLife

Recursos y referencias para necesidades diarias. Disponible por línea.

### SafeRide

Reintegro por utilizar un taxi por emergencias para empleados elegibles y sus dependientes que elijan pedirlo en vez de conducir bajo la influencia de alcohol u otras drogas.

### 1 to 6 Counseling Sessions

Citas de terapia, para cada tema, cada año. También, incluye evaluación, referencia, y servicios de crisis. *(Citas al mismo día disponibles para llamadas urgentes/ de crisis, o facilitación de la hospitalización inmediata)*

**Boletinas informativas**  
**Serie de cursos de capacitación en Webinar**  
**Consejos para la vida diaria**

*Aquí para usted como pasa la vida ...*



## Programa de Asistencia para Empleados (EAP)

# Criterios de elegibilidad recibir beneficios AWP

### Beneficios completos

- Empleado, jubilado, esposo/a, divorciado, pareja, acompañante.
- Cualquier miembro de casa, sin considerar la edad ni relación, que vive en la casa del empleado, incluyendo la pareja y sus niños.
- Todos los empleados cubiertos pueden llevar a alguien consigo a las citas de terapia autorizadas a pesar de la relación entre empleado y esa persona.
- Los niños y nietos que tienen 26 o menos años que viven en los EE. UU o Puerto Rico. Esto incluye los niños y nietos de la pareja o acompañante.
- Cualquier persona elegible por los beneficios antes del despido del trabajo o descanso del empleado sigue siendo elegible por los beneficios por seis meses desde la fecha del despido o despido del empleado. Además, los beneficios se extienden por 6 meses de la fecha de la llamada del empleado dentro este periodo del tiempo.

### Evaluación y referencia

- Los niños y nietos que tienen 27 años y más del empleado, Casado, divorciado, el/la esposo/a del divorciado, acompañante, pareja, que vive afuera de la casa.
- Empleados instruidos por la ley y qua han recibidos mandato judicial para recibir citas de terapia.
- Todos los casos de crisis; (suicidio/homicida, violencia doméstica, drogodependencia, abuso de sustancias, dependencia química, el maltrato de niños/ancianos) de otra manera no cubiertos.
- Cualquier persona elegible por los beneficios antes del despido del trabajo o despido del empleado seguirá siendo elegible por los beneficios por 6 meses desde la fecha del despido o despido al empleado hasta 1 año. Además, los beneficios se extienden por 1 año de la fecha de la llamada del empleado dentro este periodo del tiempo.

### Información y Referencia:

- Cualquier persona que pone en contacto con AWP sin considerar el estado del contrato.

**Los niños menos de 18 años** deben tener una renuncia escrita y firmada de su tutor/a quien tiene custodia (si viviendo en casa o no) para asistir citas de terapia por su propia cuenta. Este comunicado se da a sus socios afiliados. Los padres divorciados quienes les traen sus hijos a las citas de terapia deben llevar su decreto de divorcio o que han firmado el permiso del otro padre antes de llevar a un niño a una cita de terapia. Los abuelos quienes llevan a sus nietos a las citas de terapia deben tener prueba/comprobante de tutela o el permiso escrito y firmado de los padres del niño/a.



## Your Employee Assistance Program Navigating AWPnow.com

Your EAP offers many resources to help you become more resilient, cope with unfortunate events and uncover a better you. AWP now.com is computer, phone and tablet friendly and your gateway for online tools, helpful resources, training content, motivating webinars and legal/financial information.



- **Logging into your EAP website** –

[AWPnow.com/main/benefits/](http://AWPnow.com/main/benefits/)

- ◆ [AWPnow.com/main/benefits/](http://AWPnow.com/main/benefits/)
- ◆ Log in with email address and password
- ◆ Create an account: 1<sup>st</sup> time logging in? Use your Registration Code available on your EAP Benefit Flyer or email us at [AM@alliancewp.com](mailto:AM@alliancewp.com)

- **View your EAP Orientation Video**

- ◆ On the main page, your EAP Orientation is a brief introduction to your EAP services

- **Visit the Blog**

- ◆ When you need motivation, AWP provides a blog of timely information, articles and tips to make the most of your day

- **Creating a Will**

Creating a will is an important step in planning the distribution of your estate (assets including real and personal property) following your death. A will allows for any children, your spouse, other family members, and pets to be provided for after your death. Although making a will is a sobering experience, your loved ones and friends will thank you for being so organized and thoughtful ahead of time. **Your EAP website provides a resource for you to create a will along with other important estate planning documents at no cost to you.**

To get started:

- Go to **AWPnow.com**
- ◆ Select Benefits > **Law Access**
- ◆ Click **Connect to Law Access**
- ◆ On the right, in the blue Legal & Financial Center box, select **Click here** to access legal and financial content.
- ◆ **Download Quicken WillMaker & Trust** to create your customized estate plan.
- ◆ Remember to **include your discount code at checkout** to receive this invaluable tool for free.

Contact Us Today: [AM@alliancewp.com](mailto:AM@alliancewp.com) | 800-343-3822

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## Your Employee Assistance Program Navigating AWPnow.com

- **Access HelpNet** for helpful self-paced information on a variety of life events
  - ◆ Select *Benefits > Help Net*
  - ◆ Click *Connect to Help Net*
  - ◆ If you have a topic in mind, enter it into the gray Search Box on the right and press enter
  - ◆ To view personal development webinars
    - Scroll to the bottom and select the teal box labeled *Webinars*
    - Choose from **current** available webinar, **upcoming** or **archived** webinars.
    - Popular topics include: Caring for Elders at Home, Money Basics, Relaxation Techniques, Retirement Redefined and many more
  - ◆ To view professional development courses
    - Select the teal tile labeled *Training Center* for topics including Communication, Professional Development, Leadership, Work/Life Balance, Interpersonal Skills and more
  - ◆ Other Help Net tile topics are: Relationships, Financial, Health, Resilience, Legal, Personal Growth, Assessments, Calculators, Health Video and Shopping
- **AWP Webinars** – AWP provides monthly webinars that can be viewed at your convenience and are accessible for up to 60 days
  - ◆ Register for upcoming Webinars, select *Webinars*
  - ◆ View Webinar Recordings currently available, select *Webinars > Recordings*
- **View AWP Publications** – Get inspired, prepared or informed for many life events by selecting Publications
  - ◆ Preparedness and Response – Simple proactive steps can help us survive traumatic events
    - The Flu
    - Severe Weather
    - Identity Theft
    - Coping with terrorism
    - Traumatic events
  - ◆ Suicide Prevention – Information on an important topic
  - ◆ Tips Sheets – Benefit flyers for more information on your benefits



Contact Us Today: [AM@alliancewp.com](mailto:AM@alliancewp.com) | 800-343-3822

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# Muscle and Joint Pain?

## Airrosti Can Help!

### Airrosti Benefit Coverage for Texas Association of Counties

Airrosti visits are covered as a Primary care office visit copay - The benefit applies to employees, spouses and dependents. Dependents must be 18 or older to enroll in virtual care.

#### Two Effective Care Options:



#### In-Person Care

*Care starts with a thorough evaluation to find the cause of your pain. An accurate diagnosis is the key to create a custom treatment plan that will be successful for you. Effective hands-on manual therapy and prescribed exercises will help you get out of pain and stay out of pain.*



#### Virtual Care

*With Airrosti Remote Recovery, you will receive the same quality care but with convenient remote access. You will get a detailed visual evaluation, a comprehensive diagnosis, and a custom treatment plan – all delivered through a user-friendly app. The Remote Recovery Kit will help you recover faster with guided manual therapy movements and prescribed exercises to help you stay out of pain.*

#### Head-to-Toe Care



**Reduce Pain in 3-4 Visits\***

*\*Based on patient-reported outcomes*



Scan the QR code, give us a call, or visit our website to schedule today!

**AIRROSTI.COM | (800) 404-6050**



## CLINICAL EXPERTISE. CONVENIENT ACCESS.

Airrosti has a proven track record of diagnosing and resolving musculoskeletal conditions, including neck and back pain, tendonitis, muscle pulls, and more. Now, Airrosti's provider expertise is available through a convenient, affordable, and effective digital solution.

## IMPORTANT NEW HEALTH PLAN BENEFIT: AIRROSTI'S UNPARALLELED MUSCULOSKELETAL EXPERTISE, DELIVERED VIRTUALLY.



### Expert Diagnosis and Care

During the initial video consultation, a licensed Airrosti clinician will provide:

- Step-by-Step Orthopedic Evaluation
- Accurate Diagnosis
- Injury-Specific Education
- Individualized Recovery Plan
- Referral Coordination As Needed



### Personalized Program

Your Airrosti Care Team will prescribe a customized recovery plan delivered through the user-friendly app, which includes:

- Mobility and Stability Exercises
- Self-Myofascial Release
- Remote Recovery Kit
- Unlimited Provider Interaction



### Progress and Support

Recovery is tracked in real time, and treatment is modified as needed to ensure continued improvement.

In-app messaging gives you unlimited access to your Care Team – anywhere, anytime.

## AIRROSTI REMOTE RECOVERY IS NOW A COVERED BENEFIT.

Visit [Airrosti.com/RemoteRecovery](https://Airrosti.com/RemoteRecovery) or scan the QR code at right to learn more and to begin your remote recovery plan. If you have any questions about this important benefit designed to get you back to living life pain free, call (855) 913-0845.



# Dolor Muscular y Articular?

¡Airrosti Puede Ayudarte!



TEXAS ASSOCIATION OF COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL



**Cobertura de beneficios de Airrosti para Texas Association of Counties (TAC)**  
Las visitas a Airrosti están cubiertas como copago de visita a consultorio de atención primaria. El beneficio aplica a empleados, cónyuges y dependientes. Los dependientes deben tener 18 años o más para inscribirse en la atención virtual.

## Cuidado de la cabeza a los pies



DOLOR DE ESPALDA



DOLOR DE RODILLA



DOLOR DE MUÑECA



DOLOR DE BRAZO



DOLOR DE PIE



Y MÁS

¿Listo para estar libre de dolor?

## Dos opciones efectivas disponibles

### Atención en persona

El cuidado comienza con una evaluación exhaustiva para encontrar la causa de tu dolor. Un diagnóstico preciso es clave para crear un plan de tratamiento personalizado que sea exitoso para usted. La terapia manual práctica eficaz y los ejercicios prescritos le ayudarán a aliviar el dolor y a mantenerse alejado del mismo.

### Atención virtual

Con Airrosti Remote Recovery, recibirá la misma atención de calidad pero con un cómodo acceso remoto. Obtendrá una evaluación detallada, un diagnóstico integral y un plan de tratamiento personalizado, todo ello a través de una aplicación fácil de usar. El kit de recuperación remota le ayudará a recuperarse más rápido. Utilizando las herramientas de rehabilitación del kit, se le guiará a través de movimientos de terapia manual junto con ejercicios prescritos para que pueda volver a una vida sin dolor.



Escanea para programar hoy  
o llama al 800-404-6050  
Para más información, visita [Airrosti.com](https://www.airrosti.com)

 **AIRROSTI**<sup>®</sup>  
WE FIX PAIN FAST

*All PREAct offerings are complimentary and available in person or a virtual format.  
Airrosti will provide all necessary materials and employee communications.*



### Musculoskeletal Benefit Workshops

#### What is Airrosti?

Introduction and education on Airrosti's outcome-based care, rapid recovery for common conditions and injuries, and opportunities to help avoid surgeries, imaging, or other unnecessary care

#### What is Airrosti Remote Recovery?

Overview of Airrosti's convenient and effective virtual care, Airrosti Remote Recovery. Highlights the key components of the online program, appropriate injuries, and benefit details

#### Ask the Doc Program

An interactive and educational Q&A led by an experienced Airrosti Provider



### Experience Airrosti Programs

#### Injury Assessment Day(s)

Complimentary one-on-one assessments with an Airrosti Provider that include a thorough evaluation, injury education, and recovery options (approximately 15 minutes each)



### Injury Specific Workshops

Back Pain & Spine Surgery Prevention

Best Foot Forward: Avoiding Plantar Fasciitis

Headaches: It's Not Just in Your Head

Tech Neck: Common Conditions Caused by Technology



### Musculoskeletal Wellness Activities

Head & Shoulders Above Pain: Preventing Shoulder Injuries

Health at Your Desk

Health Behind the Wheel

Health on the Line

Health on the Move: Addressing Lower Body Pain

Pre-Shift Warmup

Steps Toward a Better You: Running & Walking Injury Prevention

#### Exercise Class Format

Foundations of Fitness

Lacrosse Ball: Upper Body & Lower Body

We've Got Your Back

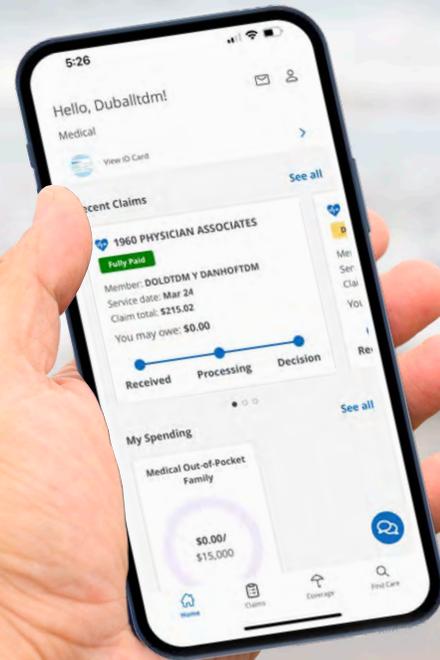


### Employee Communications

Customized Benefit Announcements  
(emails, posters, table tents)

Quarterly Injury Prevention Spotlight Emails

# The BCBSTX App Keeps You Covered



## Download the BCBSTX App to manage your health.

- Find an in-network doctor, hospital or urgent care center.
- Access your claims, coverage and deductible information.
- View, print or share your member ID with your doctor's office.
- Log in securely with your fingerprint or face recognition.\*
- View your Explanation of Benefits.

## Then, Manage Your Preferences

### In the BCBSTX App:

- Update your profile with your mobile number.
- Set your notification preferences to text.

### Choose the messages and information you want to get:

- View claims, prior authorization or referral updates.
- Get alerts when there are new documents to review.
- Receive secure message notifications.
- Find out about new benefits and services.

**Scan a QR code to  
download the free app.**

Use your **Blue Access for  
Members<sup>SM</sup>** login, or create  
an account to get started.



\* Availability varies by device.



# Make More of Today and All Your Days!

## Use These Programs to Help You Live Healthier

Taking one, small, first step can set you on a path to better health throughout your life. Whether you need support for a specific health issue or you're looking to boost your overall wellbeing, you'll have help along the way. Here are a few things you can do with the tools included with your health plan:

- Improve your mental health with digital programs for stress, depression, panic, resiliency and more
- Get help to manage your pre-diabetes, diabetes, high blood pressure or joint and spine pain
- Join a weight-loss or metabolic health program
- Download apps for support with fertility, menopause, pregnancy and parenting issues
- Talk with a nurse, any time, day or night
- Complete online programs to help reach your wellness goals
- Earn rewards for healthy activities
- Access a nationwide network of fitness centers\*

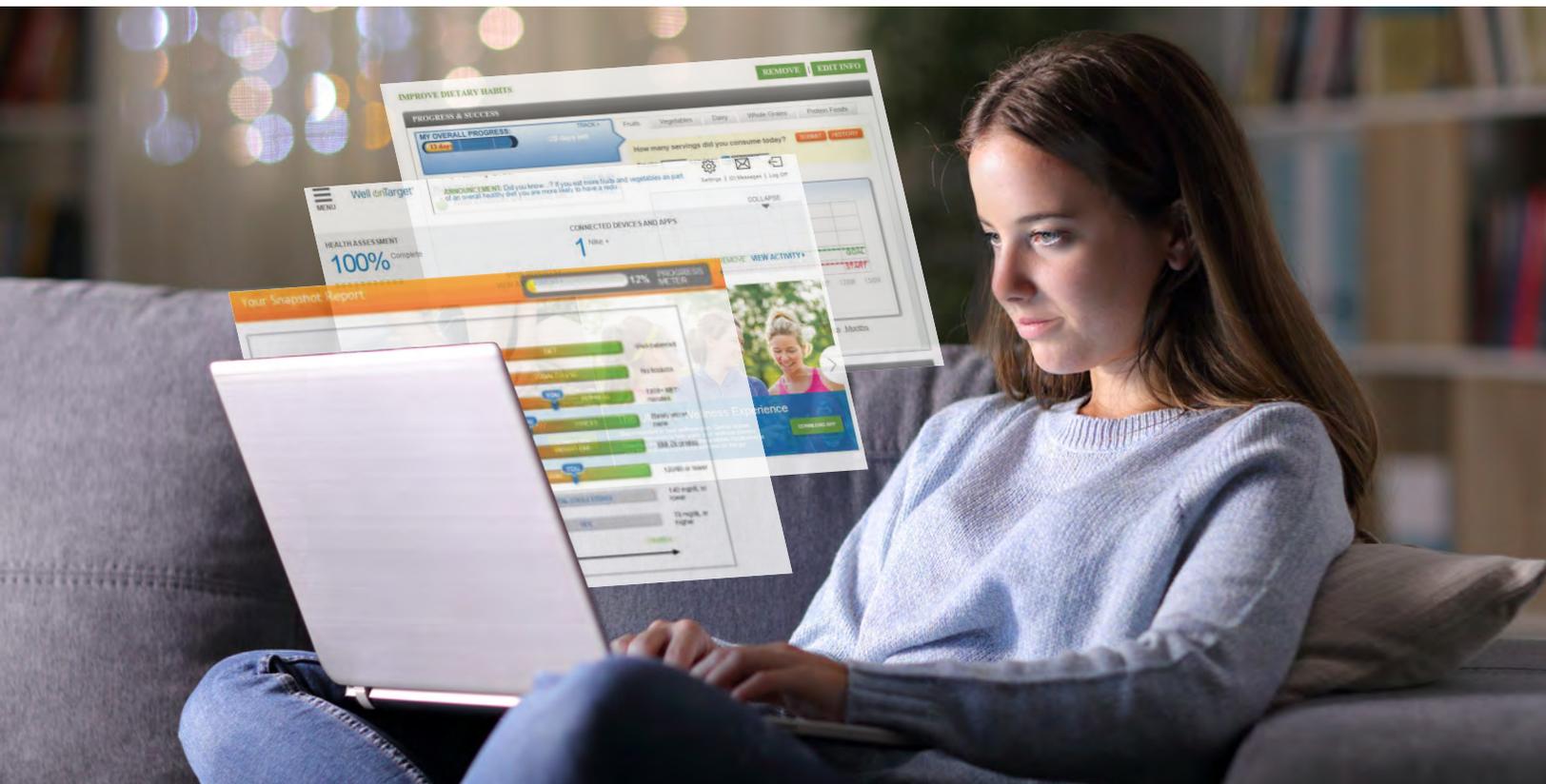


### Learn more about your health and wellness programs:

1. Go to [bcbstx.com](http://bcbstx.com).
2. Register for Blue Access for Members<sup>SM</sup>.

These programs do not replace the care of a doctor. Talk to your doctor about any health questions or concerns.

\*Fees apply. Individuals must be at least 18 years old to purchase a membership. The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.



# Live Well with the Well onTarget Member Wellness Portal

The Well onTarget® Member Wellness Portal at [wellontarget.com](http://wellontarget.com) provides you with tools to help you set and reach your wellness goals. The portal is user-friendly, so you can find everything you need quickly and easily.

## Explore Your Wellness World

When you log in to your portal, you will find a wide variety of health and wellness resources, including:

- The Health Assessment (HA)
- Self-Management Programs
- Health trackers
- Trusted news and health education content

## See Your Stats in a Flash

Everything you want to see quickly is on your dashboard. The dashboard shows all of your Well onTarget programs. You can see where you are today compared with where you were when you started. You can also read the latest health news, check your activity progress and more.

## Take a Snapshot of Your Health

The HA asks you questions about your health and habits.<sup>1</sup> You then get a Personal Wellness Report. This report suggests ways to make positive lifestyle changes. Your report can also help you decide which Well onTarget program to start first to get the most benefit. You can even print a Provider Report to share with your doctor.



## Blue Points<sup>SM</sup> Program<sup>2</sup>

Small rewards may motivate you to make positive changes to meet your wellness goals. With Well onTarget, you can earn Blue Points for making healthy choices. If you enroll in the Fitness Program or take your HA, you earn points.<sup>3</sup> You can also earn points when you achieve milestones in the Self-Management Programs. Redeem your Blue Points for gift cards for yourself or family and friends.<sup>4</sup>

## Health Tools and Trackers

Knowing what you eat and how much you work out can help you reach your goals. But keeping track of all you do can be time-consuming. To make it easy, the portal has trackers that let you record how much sleep you get, your stress levels, your blood pressure readings and your cholesterol levels.

The portal also offers a symptom checker. When you don't feel well, this tool can help you decide if you should see a doctor.

## Self-Management Programs

These programs consist of:

1. Interactive programs with learning activities and content that focus on behavioral changes to reinforce healthier habits.
2. Educational programs that inform about symptoms, treatment options and lifestyle changes.

These two learning methods allow you to study on your own time and may help you get to the next level of wellness. Topics include nutrition, weight management, physical activity, stress management, tobacco cessation and more.

## Fitness Tracking

Earn Blue Points for tracking your fitness activity using popular fitness devices and mobile apps.



## Take Wellness on the Go

Check out the Well onTarget AlwaysOn Wellness mobile app, available for iPhone<sup>®</sup> and Android<sup>™</sup> smartphones. It can help you work on your wellness goals — anytime and anywhere.

1. Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

2. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

3. This does not apply to points you earn for completing Fitness Program activities.

4. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

The Fitness Program is provided by Tivity Health<sup>®</sup>, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers. Blue Cross and Blue Shield of Texas makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Well onTarget is an informational resource provided to members and is not a substitute for the independent medical judgment of a health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.

## Care When and Where You Need It

### Virtual Visits

Convenient health care at your fingertips



Powered by  
**MDLIVE**<sup>®</sup>

Getting sick is never convenient, and finding time to get to the doctor can be hard. Blue Cross and Blue Shield of Texas (BCBSTX) provides you and your covered dependents access to care for non-emergency medical issues and behavioral health needs through MDLIVE.

Whether you're at home or traveling, access to an independently contracted board-certified doctor is available 24 hours a day, seven days a week. You can speak to a doctor immediately or schedule an appointment based on your availability. Virtual visits can also be a better alternative than going to the emergency room or urgent care center.

MDLIVE doctors or therapists can help treat the following conditions and more:

#### General Health

- Allergies
- Asthma
- Nausea
- Sinus infections

#### Pediatric Care

- Cold
- Flu
- Ear problems
- Pinkeye

#### Behavioral Health

- Anxiety/depression
- Child behavior/learning issues
- Marriage problems



### Connect

Computer, smartphone, tablet or telephone



### Interact

Real-time consultation with a board-certified doctor or therapist



### Diagnose

Prescriptions sent electronically to a pharmacy of your choice (when appropriate)



#### Website:

Visit the website

**MDLIVE.com/BCBSTX**

- Choose a doctor
- Video chat with the doctor
- You can also access through Blue Access for Members<sup>SM</sup>



#### Mobile app:

- Download the MDLIVE app from the Apple App Store<sup>SM</sup> or Google Play<sup>TM</sup> Store
- Open the app and choose an MDLIVE doctor
- Chat with the doctor from your mobile device



#### Telephone:

- Call MDLIVE **888-680-8646**
- Speak with a health service specialist
- Speak with a doctor

**Get connected today!**

**To register, you'll need to provide your first and last name, date of birth and BCBSTX member ID number.**

Internet/Wi-Fi connection is needed for computer access. Data charges may apply. Check your cellular data or internet service provider's plan for details. Non-emergency medical service in Idaho, Montana and New Mexico is limited to interactive audio/video (video only), along with the ability to prescribe. Non-emergency medical service in Arkansas is limited to interactive audio/video (video only) for initial consultation, along with the ability to prescribe. Behavioral health service is limited to interactive audio/video (video only), along with the ability to prescribe in all states. Service availability depends on location at the time of consultation.

Virtual visits, powered by MDLIVE, may not be available on all plans. Virtual visits are subject to the terms and conditions of your benefit plan, including benefits, limitations, and exclusions. MDLIVE operates subject to state regulations and may not be available in certain states. MDLIVE is not an insurance product or a prescription fulfillment warehouse. MDLIVE does not guarantee that a prescription will be written. MDLIVE does not prescribe DEA-controlled substances, non-therapeutic drugs and certain other drugs that may be harmful because of their potential for abuse. MDLIVE physicians reserve the right to deny care for potential misuse of services.

MDLIVE, an independent company, operates and administers the virtual visit program and is solely responsible for its operations and that of its contracted providers. MDLIVE<sup>®</sup> and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without written permission.

Blue Cross<sup>®</sup>, Blue Shield<sup>®</sup> and the Cross and Shield symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

App Store is a service mark of Apple Inc.

Google Play Store is a trademark of Google Inc. ("Google").

Windows is a registered mark of Microsoft<sup>TM</sup>





# Make Your Fitness Program Membership Work for You

**The Fitness Program gives you flexible options to help you live a healthy lifestyle.**

As a Blue Cross and Blue Shield of Texas member, the Fitness Program is available exclusively to you and your covered dependents (age 16 and older).\* The program gives you access to a nationwide network of fitness locations. Choose a location close to home and near work, and visit locations while traveling.

**Other program perks include:**

- **Flexible Gym Network:** A choice of gym networks to fit your budget and preferences.\*\*

Base	Core	Power	Elite	Pro	Signature	Premier
\$19/mo	\$29/mo	\$39/mo	\$129/mo	\$159/mo	\$199/mo	\$239/mo
3500+ Standard Gyms <sup>†</sup>	8,500+ Standard Gyms	13,000+ Standard Gyms	Access to 1 Luxury Gym + All 13,000+ Standard (Luxury Gyms differ by tier, 180+ Available) <sup>†</sup>			
\$19 enrollment fee						
Digital Content Only: Video and Live Stream (\$10/mo)						

- **Studio Class Network:** Boutique-style classes and specialty gyms with pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Expands gym network access to your covered dependents at a bundled price discount.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.

<sup>†</sup> Represents possible network locations. Check local listings for exact network options as some locations may not participate. Network locations are subject to change without notice.

## Features

- **Mobile App:** Allows members to access location search, studio class registration, location check-in and activity history.  
Check out the Well onTarget Fitness Program mobile app, available from Apple® or Google Play™. It can help you work on your fitness goals — anytime and anywhere.
- **Real-time Data:** Provided to the mobile app and Well onTarget portals.
- **Web Resources:** You can go online to find fitness locations and track your visits.
- **Digital Fitness:** Stay active from the comfort of your home. Access thousands of digital fitness videos and live classes including cardio, bootcamp, barre, yoga, and more through an online platform. Digital access is included with all memberships and tiers. You can also join the Digital Only plan option if you prefer only digital fitness options.
- **Blue Points<sup>SM</sup>:** Receive 2,500 points for joining the Fitness Program. Earn additional points for weekly visits. You can redeem points for gift cards for yourself or family and friends.\*\*\*

- **Complementary and Alternative Medicine Discounts on a Variety of Products and Services through Choices by WholeHealth Living:** Save money through a nationwide network of 40,000 health and well-being providers, such as acupuncturists, massage therapists and personal trainers. Wherever you are in your health journey, Choices by WholeHealth Living can support your health goals. You may gain access to this program when you join the Well onTarget Fitness Program.

## Are You Ready for Fitness?

### It's easy to sign up:

1. Go to [bcbstx.com](http://bcbstx.com) and log in to Blue Access for Members<sup>SM</sup>.
2. Select the My Health tab, then Wellness on the top navigation bar of the Dashboard page. Then scroll down to the Fitness Program section and click on **Learn More**.
3. Complete registration form.
4. Verify your personal information and method of payment. Print or download your Fitness Program membership ID card. You may also request to receive the ID card in the mail.
5. Visit a fitness location today!

Prefer to sign up by phone or have questions about the Fitness Program? Just call the toll-free number **888-762-BLUE (2583)** Monday through Friday, between 7 a.m. and 7 p.m., CT (6 a.m. and 6 p.m., MT).

## Find fitness buddies, take a digital class and try something new!

Join the Fitness Program today to help you reach your health and wellness goals.



\*Individuals must be 18 years old to purchase a membership. Dependents, 16-17 years old, can join but must be accompanied to the location by a parent/guardian who is also a Fitness Program member. Check your preferred location to see their membership age policy. Underage dependents can login and join through the primary member's account as an "additional member."

\*\*Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.

\*\*\*Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

The Fitness Program is provided by Tivity Health™, an independent contractor that administers the Prime Network of fitness locations. The Prime Network is made up of independently owned and operated fitness locations.

The WholeHealth Living Choices program is administered by Tivity Health™ Services, LLC. This is NOT insurance. Some of the services offered through this program may be covered by a health plan. The relationship between these vendors and Blue Cross and Blue Shield of Texas is that of independent contractors.

Participation in the Well onTarget program, including the completion of a Health Assessment, is voluntary and you are not required to participate. Visit Well onTarget for complete details and terms and conditions.

BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Well onTarget is an informational resource provided to members and is not a substitute for the independent medical judgment of a health care provider. Members are instructed to consult with their health care provider before beginning their journey toward wellness.



# 24/7 Nurseline

**Nurses available anytime you need them.**

Health happens – good or bad, 24 hours a day, seven days a week. That is why we have registered nurses waiting to talk to you whenever you call our 24/7 Nurseline.

Our nurses can answer your health questions and try to help you decide whether you should go to the emergency room or urgent care center or make an appointment with your doctor. You can also call the 24/7 Nurseline whenever you or your covered family members need answers to health questions about:

- Asthma
- Dizziness or severe headaches
- Cuts or burns
- Back pain
- High fever
- Sore throat
- Diabetes
- A baby's nonstop crying
- And much more

Plus when you call, you can access an audio library of more than 1,000 health topics – from allergies to surgeries – with more than 500 topics available in Spanish.

So, put the 24/7 Nurseline phone number in your contacts today, because health happens 24/7.



**Call the 24/7 Nurseline number on the back of your member ID card.  
Hours of Operation: Anytime**

## Expertos en salud a su disposición, desde cualquier lugar

Soporte personalizado sin costo para usted.



### Tratamiento de la diabetes

Una forma personalizada de manejar la diabetes. Obtenga herramientas y apoyo para controlar los niveles de azúcar en sangre y desarrollar hábitos de estilo de vida más saludables.

el programa incluye:

- Un medidor de glucosa en sangre conectado
- Tiras y lancetas ilimitadas
- Consejos, planes de acción y asesoramiento individualizado
- Apoyo en tiempo real para lecturas fuera de rango

### Control de la hipertensión

Tome el control de su salud cardíaca con orientación y un plan personalizado. Con un monitor de presión arterial inteligente, puede realizar un seguimiento, obtener apoyo, configurar recordatorios y enviar mensajes a un mentor, todo en un solo lugar.

el programa incluye:

- Un monitor de presión arterial conectado
- Planes de acción paso a paso basados en sus objetivos
- Consejos sobre nutrición y actividad física
- Asistencia individualizada de asesores expertos

## Inscríbase ahora

Visite [TeladocHealth.com/Go](https://TeladocHealth.com/Go) o llame al 800-835-2362

El programa incluye tendencias y apoyo a través de su cuenta segura de Teladoc Health y la aplicación móvil, pero no incluye un teléfono ni una tablet. Debe tener un teléfono inteligente iPhone o Android e instalar la aplicación Teladoc Health para participar en el programa. Su plan de salud o su empleador le ofrecen este programa sin costo para usted.

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# Prepare for Your Life-Changing Journey

## Women's and Family Health Pregnancy, Parenting and Menopause Support

Wherever you are in your journey, Blue Cross and Blue Shield of Texas (BCBSTX) is here to support you at no extra cost.

- **Ovia Health™** apps are for tracking your cycle, pregnancy, parenting and menopause support. The apps are available in English and Spanish\*, and provide videos, tips, coaching and more.
  - **Ovia:** Track your cycle, predict when you are more likely to get pregnant or receive menopause support when the time comes.
  - **Ovia Pregnancy:** Monitor your pregnancy and baby's growth week by week leading up to your baby's due date.
  - **Ovia Parenting:** Keep up with your child's growth and milestones.
- **Well onTarget®** has self-guided courses about pregnancy that you can take online, covering topics such as healthy foods, body changes and labor.

Plus, if your pregnancy is high-risk, BCBSTX will provide support from maternity specialists to help you care for yourself and your baby. Having a baby changes everything, so use these tools to help you get ready.



Download any of the Ovia Health apps from the Apple App Store or Google Play.

During sign-up, make sure to choose "I have Ovia Health as a benefit." Then select BCBSTX as your health plan and enter your employer name (optional). Also, visit [wellontarget.com](http://wellontarget.com) to explore our online courses. Please call 888-421-7781 if you have questions or want to learn more.

Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of Texas. Well onTarget is a voluntary wellness program. Completion of the Health Assessment is not required for participation in the program.

\*To access the Spanish version of the Ovia, Ovia Pregnancy and Ovia Parenting apps, you must select "Español" as the language preference in your mobile phone or device settings.

# Flexible programs to improve your health on your terms

Personalized support at no cost to you.



## Diabetes Management

A personalized way to help manage diabetes. Get tools and support to track blood sugar levels and develop healthier lifestyle habits.

### Program includes:

- A connected blood glucose meter
- Unlimited strips and lancets
- Tips, action plans and one-on-one coaching
- Real-time support for out-of-range readings

## Hypertension Management

Take control of your heart health with guidance and a personalized plan. With a smart blood pressure monitor, you can track, get support, set up reminders and message a coach, all in one place.

### Program includes:

- A connected blood pressure monitor
- Step-by-step action plans based on your goals
- Tips on nutrition and activity
- One-on-one support from expert coaches

Depending on your eligibility, you may see communications for one or more of these programs. Upon enrollment, you'll receive support for the programs that fit your unique needs.

## Enroll now

Visit [TeladocHealth.com/Go](https://TeladocHealth.com/Go) or call 800-835-2362

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite [TeladocHealth.com/Hola/HEALTHYCOUNTY](https://TeladocHealth.com/Hola/HEALTHYCOUNTY)

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Teladoc Health app to participate in the Teladoc Health program.

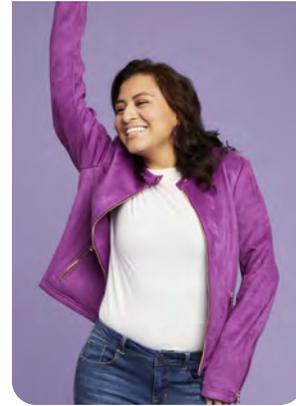
This program is offered at no cost to you by your health plan or employer.

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\$0 COST  
to you\*

# Better health begins with weight

Safe, supported weight loss that lasts.



### Science-backed skills

Clinically proven to deliver safe, long-term weight loss through behavior change alone.

### The anti-diet

Trade calorie counting and empty diet fads for practical, proven strategies that work with your life, not against it.

### Whole health support

Delicious and nutritious recipes, affordable meal plans, and support for weight-related conditions like diabetes, heart disease and more.

### A personalized program experience

Based on your unique needs, we'll tailor your experience through customized lessons, specialized content, and 1-on-1 support.

Get started at [wondrhealth.com/healthycounty](https://wondrhealth.com/healthycounty)

Sign up today or join with a community

1/5/26 - 1/18/26 | 4/6/26 - 4/19/26 | 8/17/26 - 8/30/26

## Learn and earn with Wondr Rewards

Watch your videos, practice your skills and earn points toward cool stuff to support your journey like ear buds, blenders, bento boxes, and so much more.



\*Restrictions and eligibility info can be found at [wondrhealth.com/healthycounty](https://wondrhealth.com/healthycounty)

**\$0**  
cost  
to you



# Access a health program built just for you



Healthy County is offering Omada® to help members lose weight with one-on-one personal coaching and the tools needed to make long-lasting health changes.

**The best part: the program—up to a \$700 value—is no cost to you if you're eligible to join.**

## Omada helps members



See smart scale readings in the Omada app after each use



Eat healthier without counting calories or cutting out favorite foods



Get up and move—yes, solo dance parties totally count

## Join Omada for access to

- ✓ One-on-one support from a health coach
- ✓ Easy monitoring with a smart scale and tools

## All Omada members receive a welcome kit

With easy-to-use devices, based on your needs, shipped to your door and yours to keep. All at no cost to you.

- ✓ Readings sync automatically
- ✓ See how habit changes can impact weight over time
- ✓ Get a personalized plan based on progress



Claim my welcome kit:  
[omadahealth.com/healthycounty](https://omadahealth.com/healthycounty)

If you or your adult family members are enrolled in the Texas Association of Counties Health and Employee Benefits Pool health plan in partnership with Blue Cross and Blue Shield of Texas, and are at risk for type 2 diabetes or heart disease, the Omada program is included in your benefits at no cost to you.

OMADA FOR PREVENTION®

# Frequently Asked Questions



## What is Omada for Prevention?

Omada for Prevention is a virtual program that makes it easier to manage your weight and reach your health goals. With expert support from a dedicated care team and a smart scale to monitor your progress, you'll learn to make small changes that last—at your own pace—so you live healthier, feel better and have more energy.

## How much does it cost?

If eligible, the program is at no cost to you (up to a \$700 value).

## What does the dedicated care team do?

Your **personal health coach** is your main point of contact. They provide one-on-one support to help you manage weight and stress, while cheering you on every step of the way.

## What's the time commitment?

You can use the program as long as you need it and as long as it's offered by your employer or health plan. On average, members participate 1-2 hours per week.

## What do I get as a member?

**You get a program valued up to \$700—at no cost to you (if eligible).**

- ✔ A personal health coach
- ✔ A personalized care plan
- ✔ Tools for managing stress
- ✔ Online peer group and communities

**Plus, you get a smart scale to monitor your progress. Yours to keep.**

- ✔ Readings sync automatically
- ✔ See how habit changes can impact weight over time
- ✔ Get a personalized plan based on progress

## Who is eligible for this program?

If you or your adult family members are enrolled in the Texas Association of Counties Health and Employee Benefits Pool health plan in partnership with Blue Cross and Blue Shield of Texas, and are at risk for type 2 diabetes or heart disease, the Omada program is included in your benefits at no cost to you.



## Get Started Today

Scan the code using your mobile device or visit the website below.

[omadahealth.com/healthycounty](https://omadahealth.com/healthycounty)

## I've tried many different diets in the past. How is Omada different?

Omada focuses on building healthy habits that last. It's not about counting calories or avoiding foods you "can't eat" or things you "shouldn't do." Instead, through lessons, food tracking, and setting small, simple goals, you'll learn how to build healthier routines around what you love and what works for you—all with the support and guidance of your personal health coach. Members who set goals with Care Team support are 2.5x as likely to achieve target outcomes vs. members who do not.

## How does Omada help me with stress?

If you experience stress, have trouble sleeping, or struggle with motivation, your personal health coach will provide you with coping techniques and exercises and help you make a plan towards feeling better, in both mind and body.

## I already see my doctor about my health. Do I still need Omada?

Omada makes sure you have the care you need between doctor visits. With your health coach available to answer questions and provide guidance, Omada can function as your day-to-day support.

## Will my information be safe?

Omada takes your personal health information seriously. Your participation in the program is confidential and we follow all federal and state privacy regulations as a health care provider. To learn more, please read [Omada's Privacy Policy](#), [Terms of Use](#) and [Notice of HIPAA Privacy Practices](#) (Found at the bottom of the Omada Health home page).

## Can family members join this program?

Yes, adult family members who are covered under a qualifying health plan, and meet the clinical enrollment criteria, may be eligible. Refer to your health benefit documents for details.

## How do I get started?

### Apply

Easily complete the application.

*(You'll get an email within 48 hours letting you know if you are eligible).*

**5-10 min**

### Set Up Account

Personalize your Omada experience by answering a few questions.

**10 min**

### Receive Welcome Kit

Say hello to your connected smart scale.

### + Meet Your Team

Meet your health coach and connect with your online peer group.

**1-2 weeks**

### Get Started

You'll kick off on a Sunday with an introduction from your health coach and your first lesson.

## Questions?

If you are currently a member, you can email [support@omadahealth.com](mailto:support@omadahealth.com), call **(888) 409-8687**, or check out our help center articles at [support.omadahealth.com](http://support.omadahealth.com)



## Get Started Today

Scan the code using your mobile device or visit the website below.

[omadahealth.com/healthycounty](http://omadahealth.com/healthycounty)

# Healthy County 2026 Employer Rewards



# 2026 Employer Rewards

## What is the Healthy County Employer Rewards program?

A successful wellness program requires effort and support at the local level. The Healthy County Employer Rewards program honors participating members for their efforts and success in helping employees enroll and complete various Healthy County programs. The Texas Association of Counties Health and Employee Benefits Pool (TAC HEBP) grants eligible employers funds based on activities and events completed during the previous year. A member group may use these funds for future health and wellness initiatives.

## Who is eligible to receive Employer Rewards?

**An employer is eligible to receive a reward if they:**

- Are a member of the Pool (self-funded groups are not eligible).
- Designate a wellness coordinator and wellness sponsor.

## Why is the Pool doing this?

The Pool's intention is to provide members with resources to build a positive, healthy and safe work environment and to encourage employees to engage in healthier behaviors. The Pool's members, including elected officials and employees of Texas counties and districts, represent one of our state's most valuable assets - public servants to all Texas citizens. When officials and employees are healthy, they are better able to provide quality service, manage stress appropriately, experience fewer lost workdays and model healthy behaviors for their families and the community. Healthy employees also save taxpayers' money due to lower health care costs and workers' compensation costs, as well as a reduced rate of absenteeism. The Pool's ultimate goals are to reduce health care costs and make better use of taxpayers' dollars by improving the quality of your employees' health.

***The mission of Healthy County, the Texas Association of Counties Health and Employee Benefits Pool wellness program, is to optimize the health and well-being of its members.***

## How do members earn Employer Rewards?

Members earn rewards based on their participation in one or more of the following opportunities. The total amount rewarded will be calculated based on the sum of the percentage earned per each opportunity met.

1. Groups will earn up to 30% of the maximum eligible amount of Employer Rewards from employees who earn at least 50 out of the 75 Healthy County Rewards points.
2. Groups with a County Specific Incentive (CSI) tracked on WebMD ONE\* will earn 30% of the eligible amount. To be eligible for the CSI percentage, your county or district's CSI must be in place for at least one plan or calendar year; and
3. Groups can earn up to 30% of the maximum eligible amount (10% per training or event hosted) in the calendar year. Eligible events include Healthy County wellness trainings, flu shot clinics, health fairs, local/internal activities, trainings and events, etc.
4. Groups that schedule at least one Healthy County wellness training can earn up to 10% of the eligible maximum amount based on employee attendance. Attendance will be rounded up or down to closest percentage.

10% Attendance	=	1% Bonus
20% Attendance	=	2% Bonus
30% Attendance	=	3% Bonus
40% Attendance	=	4% Bonus
50% Attendance	=	5% Bonus
60% Attendance	=	6% Bonus
70% Attendance	=	7% Bonus
80% Attendance	=	8% Bonus
90% Attendance	=	9% Bonus
100% Attendance	=	10% Bonus

\*The maximum amount will be based on the number of covered employees.

<b>Group Size</b>	<b>Max Amount Eligible to Earn</b>
25 Lives or under	\$1,250
26-50 Lives	\$3,000
50-99 Lives	\$5,000
100-199 Lives	\$7,000
Over 200 Lives	\$9,000

\*If your county or district has a CSI that is not being tracked on WebMD ONE, please let your Healthy County wellness team know, so the CSI can be reviewed for eligibility.

**Example:** Lonestar County has 100 employees. Twenty employees earn at least 50 reward points, they implement a county specific incentive (CSI), and had a training where 30% of employees attended. The county will earn 6% for reward points, 30% for the CSI, and 13% for the training, which will be 49% of the \$7,000. The county will receive a check for \$3,430 for 2026 participation.

## How can a member use the Healthy County Employer Rewards?

The Pool recommends reward funds be applied toward the member's wellness program and:

- Be health related;
- Be available to all employees; and
- Promote ongoing attention to health initiatives that provide lasting benefits.

## Ideas for how to use Employer Rewards:

- **To provide healthy evidence-based worksite and safety programs.** Trainings can arm individuals with new knowledge about their own health and safety. Examples include: flu, pneumonia and adult vaccinations; biometric screening for cholesterol, triglycerides, blood glucose and blood pressure; learning lunches or educational programs and ergonomic training.
- **To support the people who are responsible for coordinating county health initiatives, building infrastructure and promoting employee wellness.** Health initiatives are more effective when the person assigned to promote the program is provided with time and resources necessary to meet identified objectives. Examples include: county officials allowing time and budgeting financial resources for the Healthy County wellness coordinator to roll out programs and organize wellness initiatives.
- **To improve environmental working conditions.** Health and productivity are increased by identifying ways to improve the employees' physical work environment and implementing changes. Examples include: installing hands-free fixtures (faucets, flushers, soap and paper towel dispensers) in restrooms and kitchens to slow down the spread of infections; purchasing a kiosk computer to provide Internet access for those without a work or home computer; conducting a worksite wellness audit; developing walking routes and trails near the worksite; installing bike racks or creating a bike storage area; installing slip-resistant flooring and guardrails; providing shower and changing facilities;

setting up motivational signs; and adding rubber treading to stairs or carpet to encourage stair climbing at the worksite.

- **To purchase fitness equipment.** The purchase of fitness equipment for a county-owned and operated fitness center is permitted. A group may also purchase (or subsidize) physical activity tracking devices, such as a Fitbit or Garmin for employees. Funds may also be used to purchase equipment, such as the Fitbit or Garmin scale.
- **To improve the nutritional value of food products available to elected officials and county employees.** Healthier food choices during the work day equal healthier adults. Examples include: purchasing (or subsidizing) a healthy snack machine with items such as fat-free milk, fruits, low-calorie snacks and caffeine-free beverages; and hosting a farmers market during peak growing seasons.
- **To encourage participation and sustain employee engagement in health and wellness activities.** The purchase of incentives is permitted, subject to restrictions in state and federal law.



## **Health Insurance Portability and Accountability Act (HIPAA) Wellness Program Rules:**

- Classify wellness programs as either participatory or health-contingent, with different rules for each
- Classify health-contingent wellness programs as either activity-based or outcome-based, with different rules for each
- Set out five requirements for health-contingent wellness programs:
  1. Includes annual opportunity to qualify for reward.
  2. Sets limits on amount of award based on cost of employee-only coverage.
  3. Requires program be reasonably designed to promote health or prevent disease.
  4. Requires program include a reasonable alternative method for earning a reward be provided for employees who are otherwise unable to meet the requirements to earn an award.
  5. Calls for notice of availability of reasonable alternative in all program materials.

