

Healthy County Resources

Employees who embrace wellness experience increased productivity, improved morale and stronger workplace loyalty. Coming full-circle for the county, 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.

LIFESTYLE RESOURCES

Healthy County (Sonic Boom) Portal

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

ONLINE: Healthy County (Sonic Boom) Portal at www.county.org/sonicboom

Blue Points Rewards

Earn points from BCBSTX Well onTarget by participating in healthy activities. Redeem points for clothing, books, health and personal care, jewelry, electronics, music, sporting goods and more.

ONLINE: Employee Self-Service (ESS) Portal > Get Your Benefits Information > BlueCross BlueShield of Texas > Well onTarget (under Quick Links)

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 > Get Your Benefits Information > BlueCross BlueShield of Texas > Health Assessment (under Quick Links)

Naturally Slim®

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: www.county.org/naturallyslim

Weight Watchers®

Host a Weight Watchers program and receive more than 75% reimbursement of the cost for covered employees and spouses. Learn more at

ONLINE: www.county.org/weightwatchers

Gym Discount Program

Join the BCBSTX Fitness Program (\$25 one-time enrollment fee + \$25/mo, with no annual commitment) for unlimited access to 9,500+ participating fitness locations nationwide.

ONLINE: Employee Self-Service (ESS) Portal > Get Your Benefits Information > BlueCross BlueShield of Texas > Fitness Program (under Quick Links)

Lifestyle Coaching

From stress management to weight loss, nutrition, fitness and more, a Blue Care Connection® Lifestyle Coach can guide you along your journey to better health.

PHONE: Call (866) 412-8795; say "Lifestyle Management" when prompted; enter your BCBSTX ID#.

Online Access

- Healthy County on the TAC website at www.county.org/healthycounty
- Employee Self-Service (ESS) Portal at <https://mybenefits.county.org>
 - Access to Healthy County wellness program information, the Sonic Boom wellness portal, BlueCross BlueShield of Texas (BCBSTX) benefits and records, Navitus Health Solutions for prescription benefits, TCDRS and more.
- Healthy County (Sonic Boom) Portal at www.county.org/sonicboom
 - Access to wellness contests and incentives, device storefront, activity tracking, health education courses and more.
- Follow Healthy County on Facebook at www.facebook.com/TACHealthyCounty



TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

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, review 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 > Get Your Benefits Information > BlueCross BlueShield of Texas](#)

Telemedicine with MDLIVE

Have a virtual visit with a doctor or therapist who can provide a diagnosis and prescribe medications (when appropriate) via video-conference, mobile app or telephone 24/7. Services include general health, pediatric care and behavioral health. The cost of a MDLIVE visit is \$10.

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

Airrosti

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

ONLINE: www.airrosti.com
PHONE: Call (800) 404-6050

Condition Management

Confidential assistance and health coaching is available through Blue Care Connection® for conditions including cancer, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disease, asthma, diabetes, metabolic syndrome, high blood pressure and more.

PHONE: Call (866) 412-8795; say "Blue Care Connection" when prompted; enter your BCBSTX ID#.

Medicine Match

Members with asthma, diabetes, high cholesterol or high blood pressure who work with a BCBSTX Condition Management coach receive 50% off their medication co-pays for that condition.

PHONE: Call (866) 412-8795; say "Blue Care Connection" when prompted; enter your BCBSTX ID#.

24-Hour Nurseline

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

PHONE: Call (866) 412-8795; follow voice prompts

Quit Tobacco

This voluntary program provides personal coaching, an optional 12-week online program and cessation medications for a copay. For questions about which medications are covered, call Navitus Health Solutions at (866) 333-2757.

PHONE: Call (866) 412-8795; say "Lifestyle Management" when prompted; enter your BCBSTX ID#.

ONLINE: [Employee Self-Service \(ESS\) Portal > Get Your Benefits Information > BlueCross BlueShield of Texas > Well onTarget \(under Quick Links\) > Courses > Quitting Tobacco](#)

Special Beginnings®

For maternity management, confidential support is available for moms-to-be from obstetric nurses who can provide a prenatal risk assessment and assist at every stage of pregnancy.

PHONE: Call (888) 421-7781; say "Special Beginnings Program" when prompted; enter your BCBSTX ID#.

Stay In-The-Know



Subscribe to the Monthly Healthy Byte E-Newsletter

For Healthy County news, challenge updates, healthy lifestyle tips and inspiring stories. Sign up at www.county.org/HCMonthly.



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