

## Your Health Matters

At The Texas A&M University System, we want every employee to live their healthiest life. We know it can be hard to find the time. That's why your new health benefits include tools that can help you get healthier on your own schedule. For quick access to all your health and wellness resources:

1. Go to **bcbstx.com/tamus**.
2. Register for Blue Access for Members<sup>SM</sup>.
3. Click the **My Health** tab for more information about the programs below.

## Live Well with Well onTarget®

The Well onTarget portal and mobile app can help you manage your health conditions and reach your wellness goals – all in one place. With Well onTarget, you can:

### *Check Your Health Status*

Find out how your health measures up by taking a Health Assessment.<sup>1</sup> Answer a few questions about your health and lifestyle. Then, get a personal report that suggests programs that can help you improve your health.

### *Improve Your Health and Wellbeing*

You have anytime, anywhere access to videos, podcasts, 12-week programs and other tools to help you with things like:

- Asthma
- Back pain
- Diabetes
- Eating well
- Exercise
- Sleep issues

### *Track Your Progress*

Logging how much you move and what you eat can help you stay on course. Link your fitness devices and nutrition apps in Well onTarget, or use the built-in tracking tools in the portal. Either way, you'll easily see all your tracked stats in one place.

### *Reward Yourself*

Earn Blue Points<sup>SM</sup> when you:<sup>2</sup>

- Take a Health Assessment
- Link a fitness device
- Complete a self-directed course

Redeem your points for books, music, sporting goods – anything that motivates you to keep making healthy choices.

## Focus on Fitness

Plan to move more and get stronger by joining the Fitness Program. For a \$25 enrollment fee and \$25 a month, you'll have access to more than 10,000 fitness locations nationwide.<sup>3</sup>

## Talk to a Nurse

When you need help deciding whether you should go to the emergency room or make an appointment with your doctor, 24/7 Nurseline is here to help.<sup>4</sup> Call any time, day or night, with questions about fevers, burns and other health issues.

## Get Ready for Baby

Pregnancy can bring up new feelings, questions and changes in your health. The Special Beginnings<sup>®</sup> maternity program includes:

- Personal phone calls with a maternity specialist who can help you understand and manage pregnancy risks
- Access to online resources and a free book about pregnancy and infant care

You can also access more tools to help you have a healthy pregnancy through Well onTarget.

## Know What Your Plan Requires

Approval from your health plan (called preauthorization or prior authorization) may be required before some services may be covered, including:

### Inpatient admissions for:

- **Hospital<sup>5</sup>**
- **Rehabilitation**
- **Skilled nursing**
- **Long-term acute care/subacute care**

### Certain outpatient procedures and surgeries:

- **Spinal cord stimulation**
- **Artificial intervertebral disc**

**Be sure to check your benefits information to see a more detailed list of services that require preauthorization.** Your network provider will usually preauthorize your service for you. It's a good idea to confirm with your provider that they have gotten the needed approval before you have the service. For questions, call Customer Service at **866-295-1212**.

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 at [wellontarget.com](http://wellontarget.com) for further 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.

3. The enrollment fee and monthly fee are per member. Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

4. For medical emergencies, call 911. This program is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.

5. In-network inpatient hospitals are required to request preauthorizations on your behalf.