



BlueCross BlueShield
of Texas

THE TEXAS A&M
UNIVERSITY SYSTEM

Good Health Matters!

Discover a collection of programs designed to help you reach your goals.



bcbstx.com/tamus

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Meet the Programs

Blue Cross and Blue Shield of Texas and The Texas A&M University System work together to help you get the most from your health plan. Review this information to learn more about the benefits available to you and your covered family members. We offer programs to help you fit good health into your daily life. If you have questions, call BCBSTX any time at **866-295-1212**.



24/7 Nurseline



Cylinder



Fitness Program



oviahealth™



Diabetes Management





24/7 NURSELINE | NURSES AVAILABLE ANYTIME

Talk to a registered nurse 24 hours a day, seven days a week. Our nurses can answer your health questions and try to help you decide where to get care.¹

800-581-0368



MEDICAL SECOND OPINIONS

Seek a second opinion from experts when you're facing a new or existing diagnosis, surgery, chronic health issue or medication change.

Available to employees, retirees and their enrolled dependents on the A&M Care Plan, J Plan or 65 Plus Medicare Advantage Plan (PPO). Graduate student employees enrolled in the Graduate Student Plan are not eligible.

2nd.md/tamus

866-841-2575



VIRTUAL PRIMARY CARE, MENTAL HEALTH CARE AND URGENT CARE

Visit with a board-certified doctor or therapist from anywhere using your phone, tablet or computer.

Available to employees, spouses and dependents enrolled in the A&M Care Plan or J Plan. Graduate student employees in the Graduate Student Plan and retirees enrolled in the A&M Care Plan that are Medicare Primary or the 65 Plus Medicare Advantage Plan (PPO) are not eligible.

accoladecare.com

866-518-1774



GUT HEALTH PROGRAM

Give your gut a wellness makeover. A healthy gut plays a key role in overall health, weight management, sleep quality, joint health, the ways we manage stress and anxiety — and much more.

Available to employees, spouses, retirees or dependents (ages 18 years old and older) who are enrolled in the A&M Care Plan or J Plan. Graduate student employees enrolled in the Graduate Student Plan and retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible.

go.cylinderhealth.com/tamus



FITNESS PROGRAM | AVAILABLE THROUGH WELL ONTARGET®

Enjoy flexible exercise options designed to help you live a healthy life. Work out at your choice of thousands of fitness locations nationwide or enjoy digital fitness videos and live classes from your home.²

Available to employees and covered dependents (ages 16 years old and older) enrolled in the A&M Care Plan, J Plan or Graduate Student Plan. Retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible.

bcbstx.com/tamus

888-762-BLUE (2583)



MENTAL HEALTH CARE

Find an in-network mental health provider based on criteria that's important to you — including specialty, location, personality, race, language, ethnicity, virtual sessions or in-person care.

Available to employees, retirees and their dependents who are enrolled in the A&M Care Plan, J Plan, Graduate Student Plan or 65 Plus Medicare Advantage Plan (PPO).

headway.co/m/tamus

HYPERTENSION MANAGEMENT PROGRAM

Receive a blood pressure monitor and download the smartphone app to track your heart health. Check your blood pressure, get tips to keep yours in the sweet spot, and learn how your daily actions affect your heart health.

join.helloheart.com/tamus

Available to all employees and their covered dependents who are enrolled in the A&M Care Plan or J Plan. Graduate student employees in the Graduate Student Plan and retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible.

MUSCULOSKELETAL, CHRONIC PAIN AND PELVIC HEALTH PROGRAMS

Try a personalized digital program inspired by at-home physical therapy. Learn ways to reduce joint and back pain. Discover the benefits of tailored pelvic floor therapy.

hingehealth.com/tamus

855-902-2777

Available to employees, retirees and their spouses enrolled in the A&M Care Plan, J Plan or 65 Plus Medicare Advantage Plan (PPO). Graduate student employees enrolled in the Graduate Student Plan are not eligible.

DIGITAL MENTAL HEALTH PROGRAMS

Break old patterns that may be holding you back. Learn new skills that can nurture your mental health so you can feel better and enjoy life more fully.³

bcbstx.com/tamus

Available to employees, retirees and their dependents (ages 13 years old and older) who are enrolled in the A&M Care Plan, J Plan, Graduate Student Plan or 65 Plus Medicare Advantage Plan (PPO).

VIRTUAL URGENT CARE AND MENTAL HEALTH CARE

Skip the waiting room and meet with a board-certified doctor or therapist from the comfort of your home. Get help with a variety of health concerns by phone or video.

mdlive.com/bcbstx

888-680-8646

Available to employees, retirees and their dependents who are enrolled in the A&M Care Plan, J Plan or the 65 Plus Medicare Advantage Plan (PPO) for a \$10 copay. Graduate student employees enrolled in the Graduate Student Plan are not eligible.

WOMEN'S HEALTH APPS AND SELF-GUIDED COURSES

Get digital support for every aspect of women's health. Track your cycle, monitor each stage of pregnancy, keep up with your child's growth, prepare for menopause and other milestones with Ovia apps. Each app features videos, tips, coaching and more.

oviahealth.com/join

Available to all employees, retirees and their covered dependents enrolled in the A&M Care Plan or J Plan. Graduate student employees in the Graduate Student Plan and retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible.

FITNESS MEMBERSHIP FOR MEDICARE RETIREES 65+

Enjoy a fitness membership with access to equipment, pools, tennis courts and walking tracks at more than 15,000 locations nationwide.

silversneakers.com/starthere

888-423-4632

Available to retirees, ages 65 years old and older, who are enrolled in the A&M Care Plan, J Plan or 65 Plus Medicare Advantage Plan (PPO).



DIABETES MANAGEMENT PROGRAM

Combine personalized care with the ease of technology to better manage your diabetes. Receive a custom plan designed to help you live healthier.

Available to employees, retirees and their spouses enrolled in the A&M Care Plan, J Plan or 65 Plus Medicare Advantage Plan (PPO). Graduate student employees enrolled in the Graduate Student Plan are not eligible.

teladochealth.com/register/tamus
800-835-2362

Registration code: TAMUS



TYPE 2 DIABETES REVERSAL PROGRAM

Create a plan for better health with support from health care clinicians, coaches and digital tools. Use a focused approach to help reverse Type 2 diabetes, lose weight, reduce the need for medications and save money.

Available to employees, spouses, retirees or dependents with Type 2 diabetes (ages 18 years old and older) who are enrolled in the A&M Care Plan or J Plan. Graduate student employees enrolled in the Graduate Student Plan and retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible.

virtahealth.com/join/tamus



ONLINE HEALTH BENEFITS AND WELLNESS PORTAL

Access all your benefits within this user-friendly website. WebMD ONE lets you connect with health resources designed to help you live better.

Available to all medically-enrolled employees and their spouses. The Two-Step Wellness Program is available to all active employees and spouses enrolled in the A&M Care Plan. All retirees and employees enrolled in the J Plan and graduate student employees enrolled in the Graduate Student Plan will automatically receive the lower premium.

webmdhealth.com/tamus
888-321-1492



WELLNESS PORTAL AND GUIDANCE FROM CERTIFIED HEALTH COACHES

Explore this helpful member portal. Tap into programs and expert coaching to manage stress, quit tobacco, keep blood pressure and cholesterol levels in check, eat healthier and improve overall fitness.

Available to all employees, retirees and their dependents who are enrolled in the A&M Care Plan, J Plan or Graduate Student Plan. Retirees enrolled in the 65 Plus Medicare Advantage Plan (PPO) are not eligible. Coaching is not included for graduate student employees enrolled in the Graduate Student Plan.

bcbstx.com/tamus
877-806-9380



FERTILITY SERVICES

Understand your fertility benefits so you can choose the course of care that's right for you. Partner with a Nurse Care Advocate for 24/7 support and guidance — including help with choosing a provider and medication management.

Available to employees, their covered spouses and dependent children who have been enrolled in the A&M Care Plan or J Plan for 12 consecutive months. Employees and eligible dependents MUST contact WIN before treatment to access fertility benefits. Graduate student employees in the Graduate Student Plan and retirees enrolled in the A&M Care Plan that are Medicare Primary or the 65 Plus Medicare Advantage Plan (PPO) are not eligible.

managed.winfertility.com/tamus
866-898-1458
Employer code: TAMUS23



WEIGHT MANAGEMENT PROGRAM

Learn how to lose weight and improve your health without giving up your favorite foods. Follow this weekly, self-paced, online program to hone common-sense skills to help you lose weight and keep it off.

Available to employees, retirees and their dependents (ages 18 years old and older) who are enrolled in the A&M Care Plan, J Plan or 65 Plus Medicare Advantage Plan (PPO). Graduate student employees enrolled in the Graduate Student Plan are not eligible.

wondrhealth.com/tamus

1. 24/7 Nurseline is not a substitute for a doctor's care. Talk to your doctor about any health questions or concerns.
2. Individuals must be 18 years old to purchase a membership. Dependents, ages 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."
3. Learn to Live provides educational behavioral health programs; members considering further medical treatment should consult with a physician.

Information in this material is not intended as medical advice, nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the information provided.

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.

Virtual Visits may be limited by plan. For providers licensed in New Mexico and the District of Columbia, Urgent Care service is limited to interactive online video; Behavioral Health service requires video for the initial visit but may use video or audio for follow-up visits, based on the provider's clinical judgment. Behavioral Health is not available on all plans.

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