



# Health Care Just Got Easier



Let a Blue Cross and Blue Shield of Texas (BCBSTX) Benefits Value Advisor (BVA) help you get the most from your benefits. Call **866-295-1212**, to reach a BVA. While your BVA is here to help you with your health needs, there are also some other resources in your plan you should know about. Take advantage of the services and programs below to get the most from your benefits.

## **Livongo® for Diabetes**

The Livongo for Diabetes program is designed to help you manage your diabetes better by providing a coach who can help support your efforts. You'll get a blood glucose meter that you can use to upload your blood sugar readings. Get access to readings, along with graphs and insights, from a mobile app and website. You'll also get unlimited, no cost strips and lancets shipped to your door.

## **Livongo® for Hypertension**

The Livongo for Hypertension program offers a blood pressure monitor combined with the power of personalized coaching. Your coach can help you stabilize your blood pressure, make sense of your readings and give feedback to easily track your progress. You'll also learn to eat healthier and discover new ways to lose weight as well as better manage your medications.

## Omada for Diabetes Prevention and Weight Loss

Omada for Diabetes is a digital program that helps you make lifestyle changes to better manage your weight and reduce your risk of diabetes. The program includes access to a health coach, a wireless scale, weekly online sessions and other participants who may help offer real-time support.

## Wondr Health™

The Wondr Health program (formerly Naturally Slim®) can help you lose weight and improve your overall health. Being at a healthy weight may help lower your chances of getting diabetes or heart disease. This program will help you learn that it's not what you eat, but when and how. You'll get digital courses, an online dashboard, mobile app, social community, coaching support and more, all focused on helping you build new skills to have a healthy relationship with food and physical activity.

## Ovia Health™

Whether you're pregnant or planning to get pregnant, you should prepare as much as you can. The Ovia Health apps include health trackers and provide videos, tips, coaching and more. Ovia Fertility, Ovia Pregnancy, and Ovia Parenting apps can be downloaded from the Apple App Store or Google Play Store.

## Hinge Health

With the Hinge Health program, you'll have access to a new innovative digital program for chronic back, hip, or knee pain. With the app installed on your provided tablet, you'll use the wearable sensors for a personalized exercise therapy (done in your own home) that is shown to reduce pain from chronic conditions. You'll also get unlimited one-on-one coaching to help support you.

## Virtual Visits

Whether you're at home or traveling, you and your covered dependents have access to care for non-emergency medical issues through MDLIVE®. Access independently contracted board-certified doctors 24 hours a day, seven days a week. The average wait time is less than 20 minutes.

## For more information, call a BVA at 866-295-1212.

To learn more and enroll, visit these resources:

Hinge Health: [hingehealth.com/tamus](https://hingehealth.com/tamus)

Livongo: [my.livongo.com](https://my.livongo.com)

Wondr: [wondrhealth.com/tamus](https://wondrhealth.com/tamus)

Omada: [omadahealth.com/tamus](https://omadahealth.com/tamus)

Virtual Visits: [mdlive.com/bcbstx](https://mdlive.com/bcbstx)

\*Benefits Value Advisors offer cost estimates for procedures and services from various providers and facilities. Lower pricing and cost savings are dependent on the provider or facility you choose. Benefits Value Advisors do not give medical advice. Talk to your doctor or health care professional about any health questions or concerns.

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Omada is an independent company that has contracted directly with Blue Cross and Blue Shield of Texas (BCBSTX) to provide an obesity-related chronic conditions (type 2 diabetes and heart disease) risk reduction program that is covered under some of the health benefit plans. This material is meant for informational purposes only. BCBSTX make no endorsement, representations or warranties regarding any products or services offered by Omada, an independent company. Omada is solely responsible for the products or services offered by them. If you have any questions regarding the services offered here, you should contact Omada directly.

Wondr Health is an independent company that provides Metabolic Syndrome Management for Blue Cross and Blue Shield of Texas (BCBSTX). Wondr Health is solely responsible for the products and services that it provides.

Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of Texas.

Hinge Health is an independent company that has contracted directly with Blue Cross and Blue Shield of Texas (BCBSTX) to provide a musculoskeletal management program that is covered under some of the health benefit plans. This material is meant for informational purposes only. BCBSTX makes no endorsement, representations or warranties regarding any products or services offered by Hinge Health, an independent company. Hinge Health is solely responsible for the products or services offered by them. If you have any questions regarding the services offered here, you should contact Hinge Health directly.

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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Health advocates do not replace the care of a doctor and you should talk to your doctor about any medical questions or concerns.

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