

Blue Cross Blue Shield of Texas Health & Discount Program

These programs are available to BCBSTX members and their covered dependents. Programs are free unless otherwise noted.

Program

Enroll or Get More Info

24/7 Nurseline

Visit bcbstx.com and click on the My Health tab, or call **800.581.0368**.

Nurses are available anytime to:

- Help you decide whether to go to the ER, urgent care or doctor's office
- Answer health questions about everything from headaches to diabetes.

You can also access an audio library of health topics.

Well onTarget

Visit wellontarget.com under Quick Links, or sign in from Blue Access for Members at bcbstx.com/members

Wellness Portal with Rewards

This wellness portal awards points for healthy activities that can be used to purchase apparel, books, health products, jewelry, electronics, music and sporting goods. Take advantage of:

- Fitness Program¹:
 - » Get unlimited access to a nationwide network of thousands of fitness locations for a \$19 enrollment fee and \$19 - \$99 per month depending on network option selected.
 - » A health assessment and fitness/nutrition trackers
 - » Self-directed courses, a health information database, discounts, and more.
- Weight Management: Get one-on-one telephonic coaching to help you reach your weight management goals.
- Tobacco Cessation:
 - » Get telephonic coaching to help you work toward becoming tobacco-free. You and your coach will build a customized plan to quit your way.
 - » Prescription and over-the-counter tobacco cessation drugs prescribed by a doctor are free (two 90-day treatments per calendar year).²

Blue365

Visit bcbstx.com and click on the Quick Links tab, or sign up at: blue365deals.com.

Discount Program

You can access ongoing discounts and receive emails with special deals.

Get discounts on:

- Dental, vision, laser vision correction services, and hearing aids
- Gym memberships, weight programs, fitness gear, and activity trackers
- Weekly special deals

¹Members must be at least 18 years old to participate.

²This benefit is offered through your prescription drug program.

need
help?

For more information, go to bcbstx.com and log in to Blue Access for Members (BAM) or call BCBSTX at **877.262.7977**.

Program

Enroll or Get More Info

ProtectMyID®

Free Credit Monitoring

- Experian credit report, daily credit monitoring and timely alerts
- \$1 million identity theft insurance and fraud resolution team

Visit [bcbstx.com](https://www.bcbstx.com) and click on the Quick Links tab.

Women's and Family Health

Fertility, Pregnancy, and Parenting Support

Programs to support you and your covered spouse through your parenthood journey:

- Ovia Health Apps – 3 Apps (Fertility, Pregnancy, Parenting) provide educational articles and videos, health tips, in-app coaching, and more
- High-risk Maternity Management – Telephonic outreach and support for expectant mothers with high-risk pregnancies
- Well onTarget Programming – Self-directed, interactive, online courses

Visit [bcbstx.com](https://www.bcbstx.com) and click the My Health tab or call:

888.421.7781

(8 a.m. – 6:30 p.m.)

Case Management

Help with Serious Conditions

Get help navigating the health care system, understanding your condition, and managing your care.

Program staff will contact you if you qualify, based on your medical claims. You can also access helpful content at [bcbstx.com/members](https://www.bcbstx.com/members).

¹Members must be at least 18 years old to participate.

²This benefit is offered through your prescription drug program.

need
help?

For more information, go to [bcbstx.com](https://www.bcbstx.com) and log in to Blue Access for Members (BAM) or call BCBSTX at **877.262.7977**.