

# TAKE STEPS TO WELL-BEING



## A Fitness Program Designed to Work for You

### Fitness can be easy, fun and low cost with the HealthSelect Fitness Program

#### Being active – it's vital to healthy living and fitness.

The HealthSelect Fitness Program helps you to make your fitness goals a reality. With access to more than 9,000 fitness centers nationwide, you can choose a gym that's right for you. You can visit gyms whether you're taking time off or working out of town.

#### Other program perks:

- No annual program or gym contract: Participation is month to month. Fees are \$25 per month per person to use any gym in the fitness program. There is a one-time sign-up fee of \$25 per person.\*
- Alternative medicine discounts: Save money with health and well-being providers, such as massage therapists, trainers and nutrition coaches.
- Web help: You may go online to the HealthSelect website at [www.healthselectoftexas.com](http://www.healthselectoftexas.com) to find gyms and track your visits.
- Easy to pay: After you enroll, it's easy to set up an automatic credit card or bank account withdrawal to pay your monthly fee.

#### Get ready to get fit

You may enroll in the HealthSelect Fitness Program by calling toll-free at **(888)-762-BLUE (2583)** Monday through Friday, 8 a.m. – 9 p.m., in any continental U.S. time zone. Covered dependents (age 18 and older) are eligible.

\*The one-time enrollment fee and monthly membership fee for the Fitness Program are both subject to applicable taxes. The Fitness Program is provided by Tivity Health, an independent contractor that administers the Prime Network of fitness centers. The Prime Network is made up of independently owned and operated fitness centers.

The HealthSelect Fitness Program is provided to HealthSelect participants in addition to your health plan. This is NOT insurance. Use of the HealthSelect Fitness Program does not change monthly payments, nor do costs of the services or products count toward any maximums and/or plan deductibles. Fitness center access is provided only by vendors that take part in this program.





# Looking for a new “weigh” of life?

## Weight Management Programs with Long-Lasting Results

### **You choose what works best for you**

We know losing weight can help us feel better. Losing weight may also reduce your risk for diabetes, heart disease and stroke. HealthSelect weight management programs help you set weight loss goals that may help you reach long-lasting results. Each of these programs feature weekly online sessions and other support. They are offered at no additional cost to eligible HealthSelect participants and their covered dependents.

### **Clinically-proven results through Naturally Slim®**

Tired of counting calories or points? The Naturally Slim online program teaches skills you can use for the rest of your life. You can participate in the program when and where it works for you. Naturally Slim starts with 10 weeks of skill building focused on behavior change, called mindful eating. You will also have support and coaching for one full year to help you achieve lasting results. When you sign up you will get a welcome kit. Your welcome kit will include: useful information to get you started; a tape measure to help you monitor your progress; and food items you will use during the first Naturally Slim lesson. You'll get encouraging weekly email reminders to log your weight and watch the week's video. And you can use a mobile app that lets you get to lessons and practice skills on the go.

### **A fresh approach with Real Appeal®**

Real Appeal is an online weight loss program that helps you form healthy habits that can lead to long-lasting results by developing healthy habits like eating well and exercising regularly. Motivating coaching videos and other resources, including weekly emails, help you use what you've learned. When you sign up, you'll get the Real Appeal success kit mailed right to your door. The kit contains guides, DVDs, a blender, cooking tools, resistance bands, a pedometer and a scale. A Real Appeal Transformation Coach will fine-tune the program to your needs, your goals, and your life for a full 52 weeks.

### **Take the first step to a healthier weight**

If you are enrolled in HealthSelect of Texas<sup>SM</sup> or Consumer Directed HealthSelect<sup>SM</sup>, you may choose one of these weight management programs if you meet eligibility guidelines. You can only enroll in one program at a time. Covered dependents (age 18 and older) are also eligible. To learn more about these programs, speak to a Personal Health Assistant toll-free at **(800) 252-8039** Monday-Friday 7 a.m. – 7 p.m. CT and Saturday 7 a.m – 3 p.m. CT.

Naturally Slim and Real Appeal are independent companies that provide wellness services for the HealthSelect of Texas and Consumer Directed HealthSelect plans.

Blue Cross and Blue Shield of Texas is the third-party administrator for the HealthSelect of Texas and Consumer Directed HealthSelect plans.

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