



HEALTHY COUNTY ROADMAP

Access Wellness and Health Benefits Programs and Resources

Healthy County can set you on the path to living a healthier life. For program information, links, directions and additional resources:

- Go to the **Healthy County Web Page** at www.county.org/healthycounty

To Access your Blue Cross Blue Shield of Texas (BCBSTX) Medical Benefits, Health Assessment (HA), your Sonic Boom Wellness account page, Caremark (Prescription Benefits Provider) and other services:

- Go to your **Benefits & Wellness Portal** at <http://mybenefits.county.org> and enter your user Id (UID) (the nine-digit number on your BCBSTX Benefits card) and password to log on; Click on “Get Connected;” From there you can access all your **BCBSTX Medical Benefits and Services** and the majority of your **Healthy County Wellness Programs**.

Lifestyle Resources

Take Your Confidential Health Assessment

Get a personalized guide to your health. Learn about health risks and lifestyle choices that can affect you down the road. Plus, you'll earn Life Points! To access your health assessment, go to:

- <http://mybenefits.county.org> and click “Get Connected,” then click the Blue Cross Blue Shield of Texas link;
- Click the “Health Assessment” under “Quick Links.”

Have Fun Getting Healthier with Sonic Boom

Sonic Boom Wellness is a fun way to make healthy into a habit. You can compete in Healthy County's fitness and pedometer challenges every spring using Sonic Boom; enjoy other helpful tools like a nutrition tracker, continue tracking your fitness activity year-round; and challenge your coworkers to customizable health and fitness contests.

- To learn more about this program or start tracking your fitness, go to www.county.org/sonicboom.

Find Fitness, Nutrition & Weight Loss Challenges and Contests

Healthy County provides an ongoing menu of fun and motivating fitness, nutrition and weight loss related challenges and contests, some with monetary rewards!

- Check the challenges out at www.county.org/healthycounty.

Get Weight Watchers Reimbursement

Healthy County will help you host a worksite Weight Watchers program, and reimburse more than 75 percent of the cost for covered employees and spouses on the benefits plan. Attendance conditions apply.

- To learn more, go to www.county.org/weightwatchers

Earn and Redeem Life Points Rewards

In addition to Healthy County gift cards and any incentives your county may offer, you are eligible to receive Life Points Rewards from BCBSTX/Well onTarget. With the Life Points program, you can earn points by regularly participating in healthy activities. You can then redeem your hard earned points for clothing, books, health and personal care, jewelry, electronics, music, sporting goods and more. Log in today at:

- <http://mybenefits.county.org> ;
- Select “Get Connected;”
- Select the “BCBSTX” link;
- Select the “Well onTarget” link; and
- Select the “Life Points” link then agree to terms.

Enroll in Lifestyle Coaching

From stress management to weight-loss, nutrition, fitness, and a host of other lifestyle areas, a Blue Care Connections Lifestyle Coach can help answer your questions and guide you on your journey to better health.

- To access lifestyle coaching call (866) 412-8795, say “Lifestyle Management” at the verbal prompt, enter your BCBSTX ID#, then say “Other” at the verbal prompt.



TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Health Management Resources

Blue Access for Members

From your **BCBSTX** link at <http://mybenefits.county.org> you can review your health and dental elections, find doctors, review claims, request a new or replacement member ID card and access time and money saving tools.

Save Time and Money with a Benefits Value Advisor

You can call to speak with a real person who will help you confidentially comparison shop for the best price for specific procedures in a given radius, find in-network providers, get precertification, learn more about your plan or your recommended procedure. They can even set up your appointment for you.

- Call the Customer Service number on the back of your BCBSTX health benefits card: 1-800-521-2227.

Call the 24/7 Nurseline

Call to speak with an experienced registered nurse who can help with your health care concerns and your family members' concerns, too. Calls are FREE and confidential.

- Call the Nurseline at (800) 581-0368 and follow the verbal prompts.

Enroll in Condition Management (Blue Care Connections)

Learn how to better manage your condition with the help of a confidential health coach. Conditions include cancer, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disease, asthma, diabetes, metabolic syndrome, high blood pressure and back pain. To get started:

- Call (866) 412-8795;
- When prompted say "Blue Care Connections"; and
- Enter your BCBSTX ID#.

Get 50% Off Prescriptions with Medicine Match

Receive 50 percent off your prescription copays for medications needed for specific conditions **when enrolled in condition management for: asthma, diabetes, cholesterol and high blood pressure.**

- Call (866) 412-8795;
- When prompted say "Blue Care Connections"; and
- Enter your BCBSTX ID number, ask to enroll in Condition Management.

Make Quitting Tobacco Easier

This voluntary program provides personal coaching, an optional 12 week online program, and cessation medications at a \$30 copay. **To enroll in the personal coaching program:**

- Call (866) 412-8795, enter BCBSTX ID# then select option 1 for Lifestyle Management when prompted;

To access the 12 week online program, go to:

- <http://mybenefits.county.org>, click "Get Connected", then click "BCBSTX,"
- Click "Well onTarget" link and click "Quitting Tobacco" link under "onmytime courses".

Questions about which medications are covered under the \$30 copay should be directed to CVS Caremark at (800) 552-8159.

Enroll in Special Beginnings Maternity Management Program

There's confidential support available for moms-to-be from obstetric nurses who provide prenatal risk assessment and coordinate with your provider during every stage of pregnancy.

- Call (888) 421-7781 option 3



SUBSCRIBE TO OUR NEW HEALTHY COUNTY EMAIL HEALTHY BYTE

We've got something brand new at Healthy County. It's a monthly email that will inspire you with ideas for incorporating wellness into your daily lives, plus give you exclusive access to Healthy County news and upcoming program announcements. The email is free, you just have to sign up at www.county.org/HCMonthly to get it.