



Welcome to 2024 Open Enrollment



# Agenda

**Medical, Rx and Dental**

**Vision**

**Flexible Spending Accounts**

**Employee Assistance Program**

**Open Enrollment Process**

# Open Enrollment

- ❖ All changes are to be made in Oracle. If you don't have changes, there is nothing you need to do.
  - If you need assistance updating your elections, please contact Human Resources for support.
- ❖ **EXCEPT** for Flexible Spending Accounts (FSA): You must re-enroll in Oracle if you want to continue to participate.
- ❖ All changes or FSA elections must be submitted no later than **November 30<sup>th</sup>, 2023.**

# Qualifying Event

Once coverage is elected for the 2024 plan year you will keep the same coverage for the full year unless there is a Family Status Change.

Family Status Changes include:

- Marriage or divorce
- Death of your spouse or dependent child
- Birth, adoption or placement for adoption of an eligible child
- A change in your child's eligibility for coverage
- A qualified Medical Child Support Order
- Become eligible for Medicare or Medicaid
- A change in your spouse's work status
- A change in your place of residence or work that affects your eligibility for coverage
- Loss of eligibility for Medicare or CHIP
- Eligibility for Medicaid or CHIP Premium Assistance

# Medical



Monthly	Employee Pays	Employee Pays with Wellness Discount
Employee Only	<b>\$138</b>	<b>\$63</b>
Employee + Spouse	<b>\$586</b>	<b>\$511</b>
Employee + Child(ren)	<b>\$414</b>	<b>\$339</b>
Employee + Family	<b>\$786</b>	<b>\$711</b>

Medical Plan	In Network	Out of Network**
<u>Plan Year Deductible (PYD)*</u>		
Individual	\$1,000	\$1,500
Family	\$2,000	\$3,000
<u>Coinsurance: Plan Pays / You Pay</u>	80% / 20%	70% / 30%
<u>Coinsurance</u>		
Individual	\$3,500	\$9,000
Family	\$7,000	\$18,000

Here is a snapshot of the medical plan. There are no changes to the plan design. Additional benefit details are provided in the Texas Association of Counties Presentation.

# Medical Benefit Highlights

Medical Plan	In Network
<u>Medical Services</u>	
Primary Care Office Visit	<b>\$25 Copay</b>
Specialty Care Office Visit	<b>\$35 Copay</b>
Urgent Care	<b>\$50 Copay</b>
Emergency Room	<b>\$150 Copay</b>
MDLive	<b>\$0 Copay</b>
Routine Lab/X-Ray	<b>\$0 Copay</b>
Preventive Services (Routine annual exams, well baby exams, vision exams)	<b>\$0 Copay</b>



# Prescription Drugs

## Prescription Benefits

Annual Deductible per covered member	\$0
<b>30 day supply</b>	
Level 1 (Generic Drug)	\$10 Copay
Level 2 (Brand Name Drug)	20% with \$25 min/\$100 max
Level 3 ( Non-Preferred Brand Name Drug)	20% with \$40 min/\$100 max
<b>90 day supply and Mail Order</b>	
Level 1 (Generic Drug)	\$20 Copay
Level 2 (Brand Name Drug)	20% with \$50 min / \$200 max per script
Level 3 ( Non-Preferred Brand Name Drug)	20% with \$80 min / \$200 max per script

Here is a snapshot of the prescription drug benefits. The prescription drug program is administered through Navitus. See the Texas Association of Counties presentation for additional detail.

# Dental



Monthly	Employee Pays
Employee Only	<b>\$30</b>
Employee + Spouse	<b>\$80</b>
Employee + Child(ren)	<b>\$71</b>
Employee + Family	<b>\$127</b>

Dental Plan	
Plan Year Deductible	Individual \$50 / Family \$150
Calendar Year Maximum per participant	\$1,500
2 Oral Exams with Cleaning per Year	\$0
Dental X-Rays during cleaning visit	\$0 (1x per year)
Restorative, General, Endodontic Services (fillings, extractions, scaling, crown repair, root canals, etc)	Plan Pays 80%
Orthodontia (up to age 26)	Plan Pays 50% Lifetime Maximum \$1500
Bridges, Dentures, and Crowns	Plan Pays 50%

Here is a snapshot of your dental premiums and benefits. There are no plan design or cost changes. Additional details can be viewed on the Texas Association of Counties presentation.



# Vision Rates

Vision Premiums	
	Per Month
Employee Only	<b>\$8.24</b>
Employee + Spouse	<b>\$16.48</b>
Employee + Child(ren)	<b>\$18.54</b>
Employee + Family	<b>\$22.66</b>

There are no changes to plan design or cost to the vision program.

▶ Use the United Healthcare Vision Providers for these copays to apply

[www.myuhcvision.com](http://www.myuhcvision.com) Wal-Mart, EyeMasters (Vision Source), TSO, EyeMart Express, some Sam's Club Opticals

Exam Copay (Once Every 12 Months): \$10

Materials Copay (One Every 12 Months): \$25

➤ The Materials Copay is a single payment that applies up to \$130 frame allowance to the entire purchase of eyeglasses (lenses and frames), or contacts in lieu of eyeglasses. (Must choose from a selection)

➤ Pair of Lenses for Eyeglasses (Once every 12 months)

- One pair of standard single vision, lined bifocal, lined trifocal, or standard lenticular lenses covered in full
- Standard scratch-resistant coating, polycarbonate lenses and Progressive lenses are covered-in-full

➤ Frames (Once every 24 Months)

➤ Discounts Available for Lasik

# Flexible Spending Accounts

- **Medical Reimbursement Account: \$3,050**  
You can set aside up to \$3,050 - for health care expenses not covered by your plan (e.g. deductible, coinsurance, co-pays, etc.)
  
- **Dependent Care Reimbursement Account: \$5,000**  
Day care expenses for children ages under 13 years old or disabled dependents.

# Flexible Spending Accounts

- An account that allows you to select a pre-tax amount from your paycheck to pay for eligible health care and dependent care expenses that occur during the 2024 plan year.
- You save money because it reduces your taxable income.
- Contributions from your paycheck are deducted, over 24 pay periods, in equal amounts throughout the plan year.
- No changes are allowed once you have made your elections. Changes are only permitted if you have a change in family status event, or at annual enrollment.
- Use it or LOSE IT! EXCEPT the \$610 Rollover from Plan Year 2024 to Plan Year 2025
- The plan year is January 1, 2024 through December 31, 2024

# Employee Assistance Program (EAP)

Deer Oaks EAP is our Employee Assistance Program which provides services for all benefit eligible employees and dependents for Brazos County. The EAP benefit covers **up to 6 confidential short-term counseling visits** and is at no cost to employees and their families. Deer Oaks EAP is available when you need it, 24 hours a day, 365 days a year.

The EAP can assist with many different types of problems. Among these are stress, depression, anxiety, workplace difficulties, substance abuse, marital problems, family or parenting conflicts, grief, violence and unhealthy lifestyles. The EAP can also assist in identifying local resources and providing referral information for:

- ✓ Pet sitters
- ✓ Work/life balance
- ✓ Fitness/wellness
- ✓ Legal advice consultation
- ✓ Financial advice consultation
- ✓ Retiree assistance
- ✓ Child/elder care facilities
- ✓ After-school programs
- ✓ Summer camps
- ✓ Contractors/repairmen
- ✓ Moving/relocation services
- ✓ Transportation and travel services
- ✓ And much more!



24 Hour Phone Number: 1.866.327.2400

Website: [www.deeroakseap.com](http://www.deeroakseap.com)

Username & Password: **brazosco**

# Open Enrollment

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Together.  
Better.  
Stronger.



# Healthy County 101



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Better.  
Stronger.

TEXAS ASSOCIATION *of* COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL



# What is Healthy County?

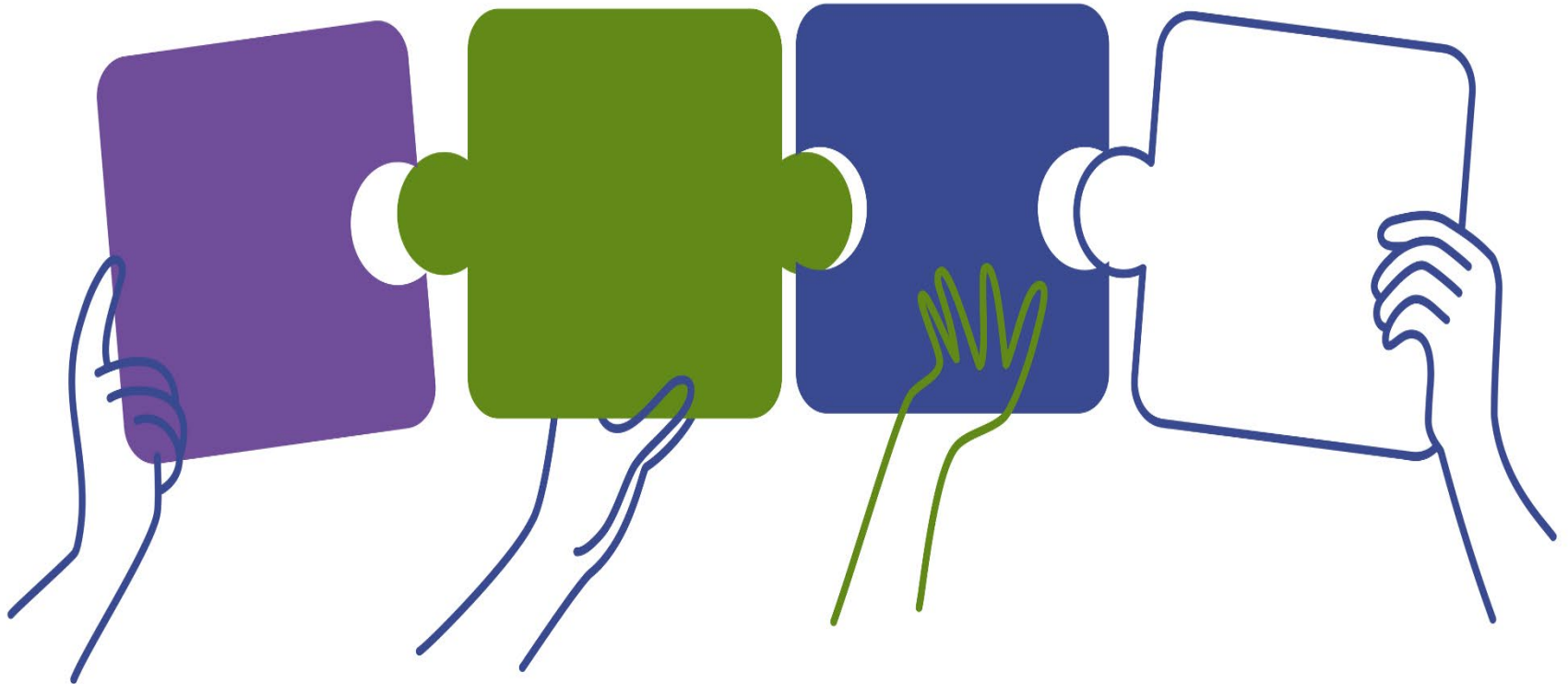
## IT'S A THREEFOLD RELATIONSHIP

1. Counties and County-Related Entities investing in employee health by providing benefits programs and supporting wellness at their workplaces
2. TAC HEBP providing access to the best programs and resources
3. Employees committing to a healthy lifestyle, engaging in the programs and making responsible health decisions



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# Healthy County Benefits & Programs



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**WebMD**<sup>®</sup>  
health *services*

 **wondr** HEALTH™ | FORMERLY  
NATURALLY SLIM

 omada

 **Livongo**<sup>®</sup>

 BlueCross BlueShield of Texas

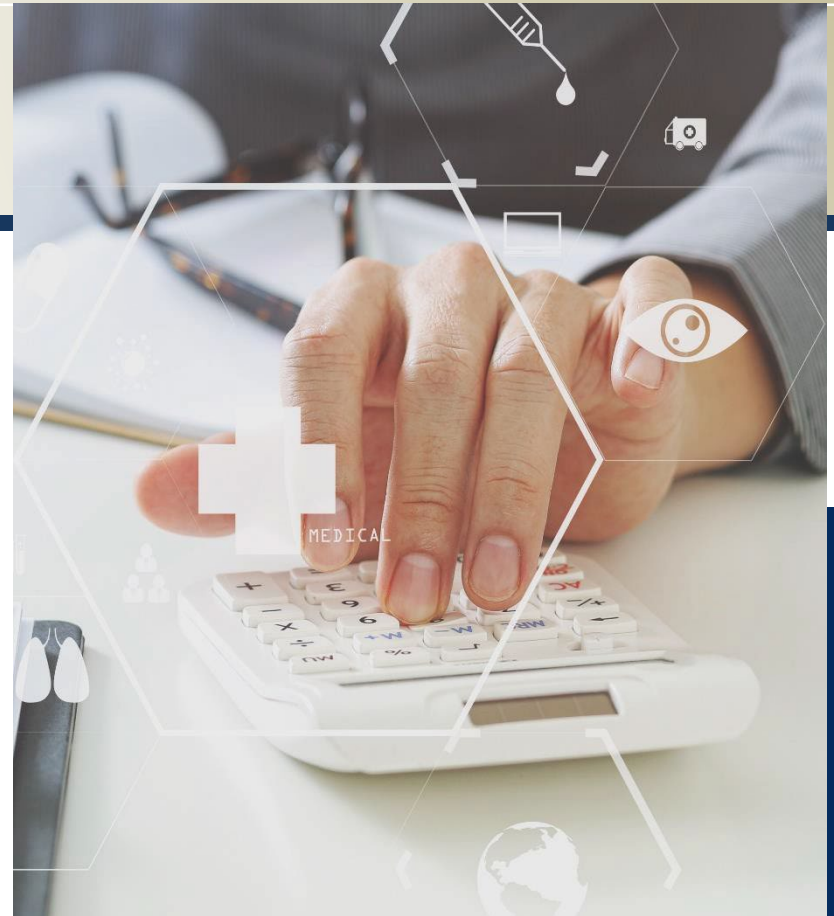
 AIRROSTI



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- Outcome-based care
- Rapid recovery for common conditions and injuries
- Opportunities to help avoid surgeries, imaging, or other unnecessary care
- A provider of BCBSTX; billed as a claim like chiropractor and physical therapy visits: **\$35 copay**



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# Website: airrosti.com

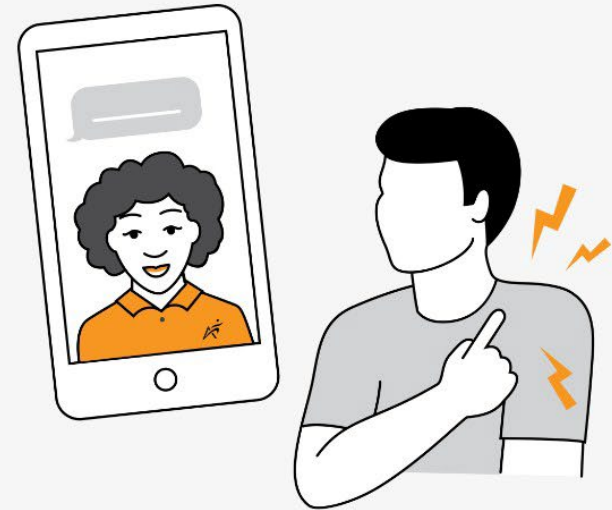
[HOME](#)[ABOUT](#)[NO COST ASSESSMENTS](#)[LOCATIONS](#)[VIRTUAL CARE](#)[SCHEDULE](#)[INJURIES](#)[TESTIMONIALS](#)

## SAME GREAT CARE. CONVENIENT REMOTE ACCESS.

Airrosti has a proven track record of effectively diagnosing and resolving most musculoskeletal conditions. Now, we're able to bring our effective and efficient care to you as a convenient, affordable, and effective digital solution.

**Airrosti Remote Recovery connects you with an experienced provider who will help you understand your condition, prescribe an individualized recovery plan, and give you the tools you need to live pain free.**

[SCHEDULE YOUR APPOINTMENT](#)



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# Diabetes Management Solutions



## Diabetes Management

### Simplify Living with Diabetes

Know how you're doing, stress less about supplies, and get help when it matters most. With Livongo, you'll get a connected meter, unlimited strips, personalized insights, and live support after out-of-range readings.



Connected Meter



Unlimited Strips



Expert Support



Custom Alerts



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# Hypertension Management Solutions: *Program Features*


## HIGH BLOOD PRESSURE

### Take Charge of Your Blood Pressure

Track your health with our connected blood pressure monitor. See all your readings in one place, get personalized tips after every check, share reports with doctors, and work toward your goals with help from experts.

 Cellular Connectivity

 Tips and Insights

 Share with Doctor

 Set Reminders



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## Your Health, Simplified.

\$0  
per month

Livongo helps make managing diabetes and blood pressure easier. Join today and receive this \$1,635/year benefit that's paid for by your employer or health plan.

JOIN NOW



- **What you'll need to register**
  - Full Name
  - BCBSTX UID
  - Active Email
  - Mailing Address



# MD Live - Telemedicine

## General Health:

- Allergies
- Asthma
- Nausea
- Sinus Infections

**ALL VISITS: \$0 COPAY**



Powered by  
**MDLIVE**<sup>®</sup>

## Behavioral Health:

- Anxiety/Depression
- Child behavior/learning issues
- Relationship Problems

## Pediatric Care:

- Cold/Flu
- Ear Problems
- Pinkeye



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# 24/7 NURSELINE

The Right Care at the Right  
Time



Use eligibility information to guide members to primary care physician, urgent care, emergency room or other care as necessary – to improve health quality and lower costs



Answers  
general  
health  
questions



Staffed by  
registered nurses



Can direct members  
to audio library of  
300+ health topics



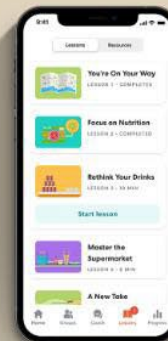
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# Better health, one step at a time

Omada is personalized to help you reach your health goals—whether that's losing weight, gaining energy, or improving your overall health. All at no cost to you.

Am I eligible? / ¿Soy elegible?

Play the video →



## Get healthy, *your way*

Many diets, programs, and apps tell you how to get healthy *their* way. Omada helps you find your way.



Available at no cost to the participant



### A plan created for you

We'll help you build healthy routines around what you love to do, and where you want the most support.



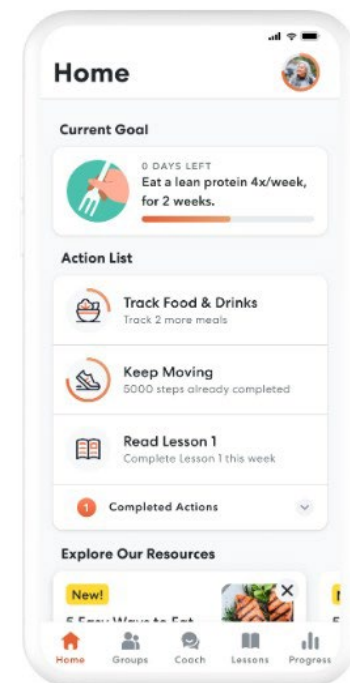
### No more counting calories

Try new things you'll enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."



### We're in your corner

We'll match you with a dedicated health coach for the support you need to *get going* and *keep going*.

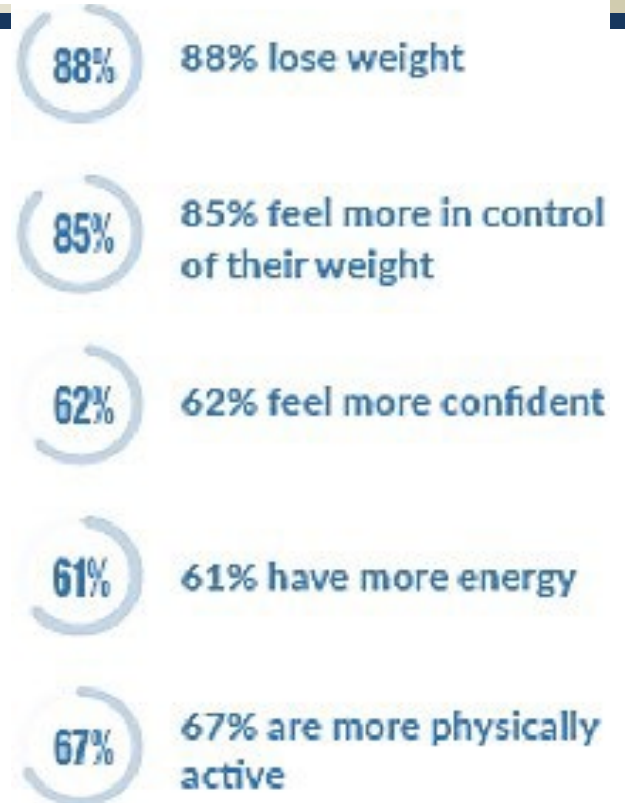


## 2024 Series Schedule

	Winter	Spring	Fall
Apply	Jan. 8 – 21	Apr. 8 - 21	Aug. 19 – Sep.1
Week 1 Starts	Feb. 5	May 6	Sep. 16

Healthy County and **Wondr Health**™ improves health at no cost to the participant

### Let's Talk Results. In as little as 10 weeks...



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# Blue Access for Members

The screenshot displays the BlueCross BlueShield of Illinois website. At the top, there are navigation links for 'Welcome', 'Employers', 'Producers', and 'Providers'. On the right, there are links for 'Company Information', 'Feedback', 'Language Assistance', and 'En español'. The BlueCross BlueShield of Illinois logo is on the left, and a virtual assistant icon labeled 'Ask IVY SM our virtual assistant' is in the center. A search bar is on the right. Below the navigation bar, there are five main menu items: 'Insurance Basics', 'Shop Plans & Products', 'Find a Doctor or Hospital', 'Member Services', and 'Sign Up or Log In'. The main content area features a headline: 'Join the more than 7.9 million members who chose us for their health care coverage'. Below this are three large images representing different service categories: 'Individual and Family' (a woman hugging a child), 'Medicare' (an older man with glasses), and 'Medicaid' (a man kissing a child on the cheek).

- Access BAM online or on your mobile device at [bcbstx.com](http://bcbstx.com)
- Click **Register Now** for New Users

*To register you will need your ID number from your ID card or you can call Customer Service*



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# BAM Dashboard

- 1 **My Coverage:** Review benefit details for you and your covered dependents
- 2 **Claims Center:** View and organize details such as payments, claims status and more
- 3 **My Health:** Make more informed health care decisions by reading about health and wellness topics and specific conditions
- 4 **Doctors & Hospitals:** Use Provider Finder to locate a network doctor, hospital or other health care provider

The screenshot shows the Blue Cross Blue Shield of Texas BAM Dashboard. The top navigation bar includes the logo, language options (Español, Language Assistance), and user information (PPO, Member ID). The main navigation menu includes DASHBOARD, CLAIMS, COVERAGE, SPENDING, FIND CARE, and WELLNESS. The WELLNESS link is circled in red. The dashboard content is organized into sections: a 'Hello,' greeting with Member ID Card and Contact Us buttons; a 'Recent Claims' section with three items showing 'Paid' status and 'You May Owe' amounts; a 'Find Care' section with Medical and Dental Care options; and a 'Spending' section with Deductible and Out of Pocket Max information.

**1** **My Coverage:** Review benefit details for you and your covered dependents

**2** **Claims Center:** View and organize details such as payments, claims status and more

**3** **My Health:** Make more informed health care decisions by reading about health and wellness topics and specific conditions

**4** **Doctors & Hospitals:** Use Provider Finder to locate a network doctor, hospital or other health care provider

# Wellness Dashboard

## Programs

### Well onTarget



Well onTarget has tools and resources to help you manage your health:

- Health Assessments to help you measure your health.
- Digital Self-Management Programs, lessons, and challenges to help you reach your wellness goals.
- With the Blue Points<sup>SM</sup> program, you can earn points by completing activities and reaching goals. These points can be redeemed online for rewards.
- Track healthy habits, sync your fitness and nutrition devices with the Well onTarget portal or download the app.

Visit Well onTarget

### Digital Mental Health



Do you struggle with anxiety, stress, depression, substance use, sleep problems or other mental health concerns? Learn to Live is an online resource that can help. Programs are based on therapy techniques with a track record of helping people feel better. Learn to Live is confidential, accessible anywhere and available at no added cost to you and your family. Choose the program for you by taking a quick assessment today.

Learn more about Learn to Live's programs by viewing this brief video. [View the Learn to Live video.](#)

Visit Learn to Live

### Fitness Program



The Fitness Program offers flexible options to get in shape and stay active. Choose from a network of gyms offering tiered pricing that fits your budget and lifestyle. This program also includes pay-as-you-go classes. You can use the mobile app to find high intensity or yoga workouts. Save even more by bundling family members under one account.

Learn More

### Women's and Family Health



Whether you're pregnant or planning to get pregnant, you should prepare as much as you can. We're here to help you with these resources:

- Ovia Health™ apps feature 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](#). During sign-up, make sure you choose "I have Ovia Health as a benefit." Then select BCBSTX as your health plan and enter your employer's name.
- If your plan includes [Well onTarget](#)®, you'll have access to online programs about pregnancy. These cover topics such as healthy foods, body changes and labor.
- Our maternity specialists will help you by phone from early pregnancy until six weeks after delivery if your pregnancy is high-risk.

If you have questions or want to learn more, please call 1-888-421-7781 Monday through Friday from 8 a.m. to 6:30 p.m. CT.

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

### Connect with a Cancer Specialist

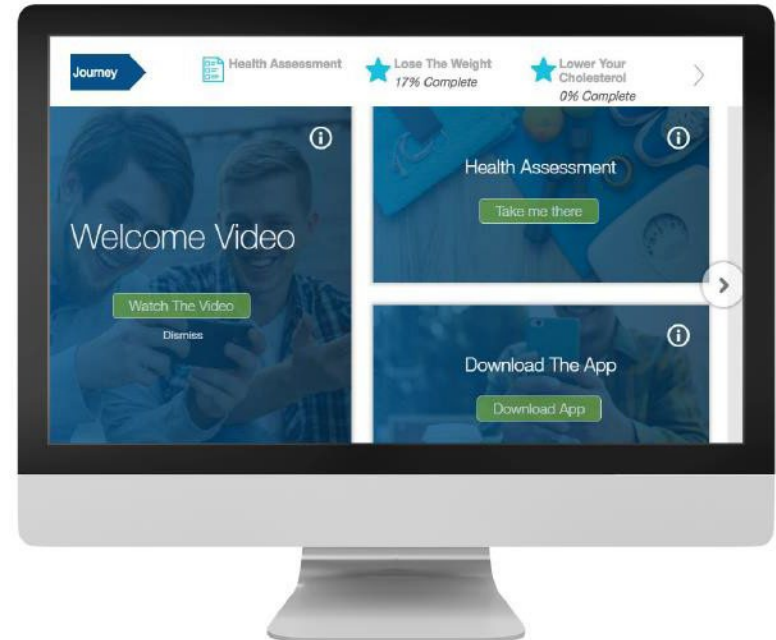


### Blue365 Member Discount Program



# Well onTarget® Member Portal

- Portal Highlights
  - **Health Assessment**
  - Member Dashboard
  - Explore your Well Being
  - My Journey Recommended Activities
  - Digital Self-Management Programs
  - **Trackers and Tools**
  - Interactive Symptoms Checker
  - Health and Wellness Content
  - **Blue Points Rewards**
  - Personal Wellness Challenges
  - **Fitness and Nutrition Tracking and Device Integration**



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# Member Rewards: How to Earn

## Blue Points

### How to Earn Blue Points<sup>SM</sup>

By accessing and using the Well onTarget program, a Member agrees to be bound by the Well onTarget Program Rules. A Member also agrees to comply with all applicable federal, state and local laws. Members are responsible for making all disclosures, and paying all taxes, required by federal, state and local law with respect to their receipt of any reward. Members should consult with their tax advisors with respect to any rewards they may redeem for points.

#### ELIGIBLE ACTIVITIES

All Activities

Fitness Program

Health Ass



Fitness Center Use - Visit 1

100  
PTS

1 PER WEEK

You will earn points for your first visit each week at a Fitness Program network fitness center.

**Special Notice:** Fitness Program points are awarded an average of 60 days after a qualifying visit.



Program Completion

1000  
PTS

1 PER QTR



Track Your Progress

10  
PTS

7 PER WEEK

When you are striving to make a behavior change it can be rewarding to view your progress. Tracking your efforts can help you stay on track with your wellness goals. When you log your activity, you will receive points until you reach your weekly maximum limit.

[Track Now](#)



Fitness Program Enrollment

2500  
PTS

1 PER YEAR



Track Your Progress Using a Fitness Device or Mobile App

55  
PTS

1 PER DAY

You can earn points for using a fitness device or mobile application to track the steps you take throughout the day!

[View Activity](#)



Progress Check-In

250  
PTS

1 PER MONTH



Connecting a Device or Mobile App

2675  
PTS



#### YOU CAN EARN MORE POINTS ON 01/01/2021

When you connect a device or mobile application to the Well onTarget site, you'll earn points.

[Add a Device](#)



Fitness Center Use - Visit 3

200  
PTS

1 PER WEEK



Health Assessment

2500  
PTS



#### YOU CAN EARN MORE POINTS ON 07/01/2020

Completing the health assessment will help you know where you are healthy as well as identify opportunities for improvement. After completion, you will receive points bi-annually up to your maximum limit.

[View Completed](#)

## Fitness Program

### Gym Packages<sup>1</sup>

No long-term commitments.

Your workout, your way - close to home and nationwide

\*One-time enrollment fee of \$19.

BASE	CORE	POWER	ELITE
<b>\$19</b> /month	<b>\$29</b> /month	<b>\$39</b> /month	<b>\$99</b> /month
<ul style="list-style-type: none"><li>✓ 3,000 + standard gyms</li><li>✓ Digital Content</li><li>✓ Studio Class Rewards</li></ul>	<ul style="list-style-type: none"><li>✓ 7,500 + standard gyms</li><li>✓ Digital Content</li><li>✓ Studio Class Rewards</li></ul>	<ul style="list-style-type: none"><li>✓ 11,000 + standard gyms</li><li>✓ Digital Content</li><li>✓ Studio Class Rewards</li></ul>	<ul style="list-style-type: none"><li>✓ 11,000+ standard gyms</li><li>📍 1 Elite gym choice from 100+ available</li><li>✓ Digital Content</li><li>✓ Studio Class Rewards</li></ul>
<a href="#">Explore Locations</a> <b>Select &gt;</b>	<a href="#">Explore Locations</a> <b>Select &gt;</b>	<a href="#">Explore Locations</a> <b>Select &gt;</b>	<a href="#">Explore Locations</a> <b>Select &gt;</b>

The Best Value.

### Digital Only Package

Work out whenever you want, wherever you are.

\*No enrollments fee for digital only

DIGITAL CONTENT ONLY	
<b>\$10</b> /month	<p>Add thousands of on-demand videos and live streams to your plan. Content includes workouts, wellness videos, nutrition tutorials, and more!</p> <hr/> <p>Included with purchase <b>Studio Class Rewards</b>   30% off every 10th class</p>





















# Member Rewards: Rewards Catalog

## Search Catalog

Keywords  Category

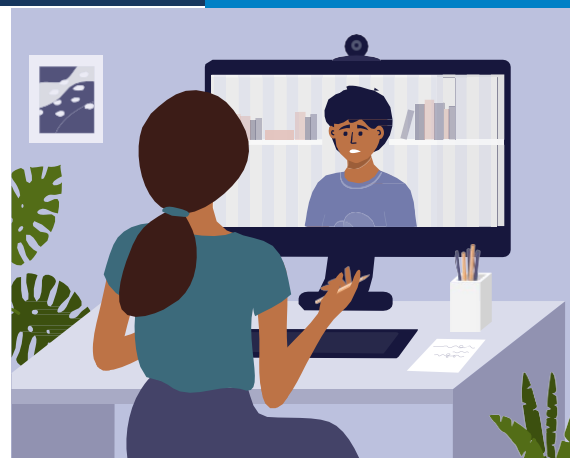
Minimum Points  Maximum Points

Sort By:  Per Page:

 <p>Fitbit Sense 2™ (Blue Mist / Soft Gold Aluminum) by Fitbit <b>50,588 Points</b></p>	 <p>Fitbit Inspire 3™ (Midnight Zen / Black) by Fitbit <b>18,045 Points</b></p>	 <p>Apple AirPods with Charging Case White by Apple <b>25,525 Points</b></p>	 <p>KitchenAid Artisan Series 5 Quart Tilt-Head Stand Mixer by KitchenAid <b>85,746 Points</b></p>	 <p>Chromecast with Google TV (4K) (Snow) by Google <b>12,357 Points</b></p>
 <p>KitchenAid Variable Speed Corded Hand Blender by KitchenAid <b>15,773 Points</b></p>	 <p>Callaway Apex 21 Hybrid Right Regular by Callaway Golf <b>45,443 Points</b></p>	 <p>Apple iPad 10.2-inch with WiFi - 64GB Silver by Apple <b>73,801 Points</b></p>	 <p>Echo Studio by Amazon <b>34,428 Points</b></p>	 <p>Garmin Dash Cam Mini 2 by Garmin <b>27,405 Points</b></p>
 <p>15.6" Aspire 3 Notebook (Silver) by Acer <b>85,836 Points</b></p>	 <p>Oakley Wire Tap 2.0 Sunglasses Satin Black by Oakley <b>24,597 Points</b></p>	 <p>Fitbit Sense 2™ (Lunar White / Platinum Aluminum) by Fitbit <b>50,588 Points</b></p>	 <p>Skyline Booster Seat - Dusk by Bob-Britax <b>25,314 Points</b></p>	 <p>Invidyo Smart Baby Camera by Invidyo <b>21,535 Points</b></p>
 <p>UBP-X700E HDR 4K UHD Network Multi-Region by Sony</p>	 <p>Power Flosser 3000 Oral Irrigator by Philips Sonicare <b>14,537 Points</b></p>	 <p>Therabody Fitness Mat Black by Therabody <b>16,123 Points</b></p>	 <p>SwannBuddy 1080p Video Doorbell w/ Chime by Swann</p>	 <p>Callaway JAWS Full Toe Raw Face Chrome Wedge by Callaway Golf</p>



- Targeted, online programs and services based on proven cognitive behavioral therapy principles: [5 Steps to the programs](#)
- Private, convenient entry point for mental health concerns
  - Depression
  - Stress, Anxiety & Worry
  - Insomnia
  - Substance Use
- No cost to employee
- Available to employees and family members ages 13 and older
- Programs available in English & Spanish



Less than 50% of people with a mental health condition receive treatment

<https://www.learntolive.com/welcome/bcbstx>



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# IDENTIFY

## How the Learn to Live program works

A step-by-step guide to how we can help

🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📁 PRACTICE

☀️ LIVE WELL

### Identify the problem

Life provides us with plenty of opportunities to feel stressed and worried, like relationships, health, work and finances. It's normal to feel sad, lonely, afraid, nervous or anxious. If those feelings don't seem to go away, it may be an indication of an issue with **anxiety** or **depression**.

We'll help you identify the **thoughts** and **behavior patterns** that perpetuate your issues, so you can work through them. You don't have to stay anxious and lonely. **Your world can get bigger.**



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# UNDERSTAND

## How the Learn to Live program works

A step-by-step guide to how we can help

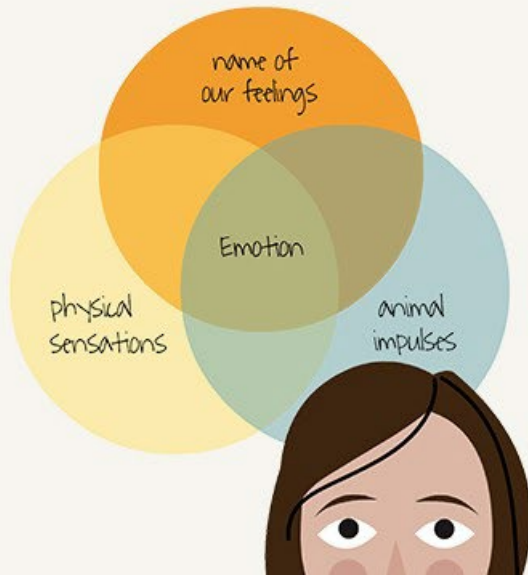
🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📁 PRACTICE

☀️ LIVE WELL



## Understand how your mind works

Sometimes our own thoughts become too focused on **perceived threats** and our **sense of helplessness**. When we experience depression or anxiety, these thinking patterns become our norm. We worry that we will be miserable and stuck, and we start **avoiding** the things in life that would help us be more resilient.

Our programs are designed to help you recognize your fears and stressors, and understand how to deal with the **thoughts** and **behavior patterns** that are keeping you anxious or down.



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# LEARN

## How the Learn to Live program works

*A step-by-step guide to how we can help*

🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📁 PRACTICE

☀️ LIVE WELL



### Learn ways to deal with the problem

The Learn to Live programs are divided into eight lessons, each describing new ideas like **Thought Inspection**, **Fear-facing** and **Goal Setting** to help you develop new **healthy habits**. You'll listen to Dr. Russ explain the thought processes and behaviors that get you stuck, and introduce the powerful tools of **CBT** in his quirky and engaging way. And learn to how to live the life you've been longing for.



# Together. Better. Stronger.

# PRACTICE

## How the Learn to Live program works

*A step-by-step guide to how we can help*

🔍 IDENTIFY

💡 UNDERSTAND

📺 LEARN

📁 PRACTICE

☀️ LIVE WELL



### Practice...repeat...

Once you have the know-how, it's time to put it to work. Your homework provides you the opportunity to **practice** your **new thinking** and **living** on a daily basis.

We help you **set your goals** and **track your progress** from your personalized dashboard. We also help you identify the **support** you need to reach your goals: a Learn to Live coach, people you already know - your **Teammates™**, or others in the community who are on the same path.



# Together. Better. Stronger.



# LIVE WELL

## How the Learn to Live program works

*A step-by-step guide to how we can help*

🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📁 PRACTICE

☀️ LIVE WELL



## Live the life you want to

By the end of the program, you will have learned to inspect your thoughts and change your behavior patterns, and will have taken the **first steps** towards becoming more engaged in your life.

You will be able to **manage your thoughts, actions, and attention** in more situations. You'll have the **tools** and **capabilities** you need to truly live and maintain the life you've always wanted to live.

GET STARTED



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# WOMEN'S & FAMILY HEALTH

Comprehensive women's and family health with a focus on maternity management and parenting support

## Self-management Program

Digital self-management<sup>®</sup> programs via Well onTarget<sup>™</sup> to support healthy habits to optimize the health and normal development of women and their babies

## Special Beginnings

Outreach to members will be trigger-based, followed by an assessment to determine if a member is a high-risk maternity management case

## Maternal Health Partner

Focus on low-risk maternity members to provide support from pre-pregnancy through delivery and ongoing parenting support

## meet the ovia apps

Ovia is your companion for the journey ahead: from cycle and fertility tracking to parenthood and menopause. The Ovia apps offer health tracking, features, and tools to help you navigate your reproductive health journey.



New for 2024

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## Reminders & Updates

Access to Sonic Boom will end  
12/31/2023!

Redeem your Boomin' Bucks  
**BEFORE** 12/31/2023.



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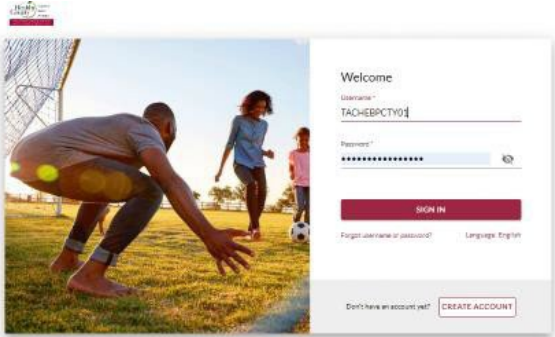
# Find Your Way Forward

WebMD ONE powered  
by Healthy County



# Getting Started

## Ways to log in



### What is Healthy County?

Healthy County is a partnership between TAC, HEHP and WebMD to help you bring out your best. Based on your personal needs and interests, it will help you set goals, track your progress, keep you motivated, and provide valuable information along the way. Simply register to get started with our programs and services.



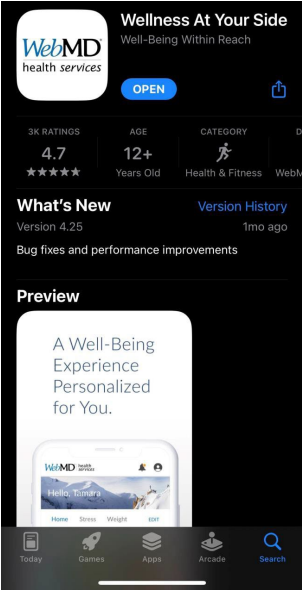
Personalized and flexible to meet your needs



Private and secure—we keep your information safe



Get guidance from a brand you know and trust



# Method 1: Single Sign-On through Employee Self

## Service for Employees Only

1. Go to **mybenefits.county.org**.
2. Log in to your **My Benefits** account or click **Create an account** for first-time users.
3. Click the **Get Started Today** link in the WebMD ONE featured card.



TEXAS ASSOCIATION *of* COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

### Sign In

Welcome to Texas Association of Counties employee enrollment system, your online resource for benefit programs at Texas Association of Counties.

Username:

[Forgot Username?](#)

Next

[↪ First time user? Create an account →](#)

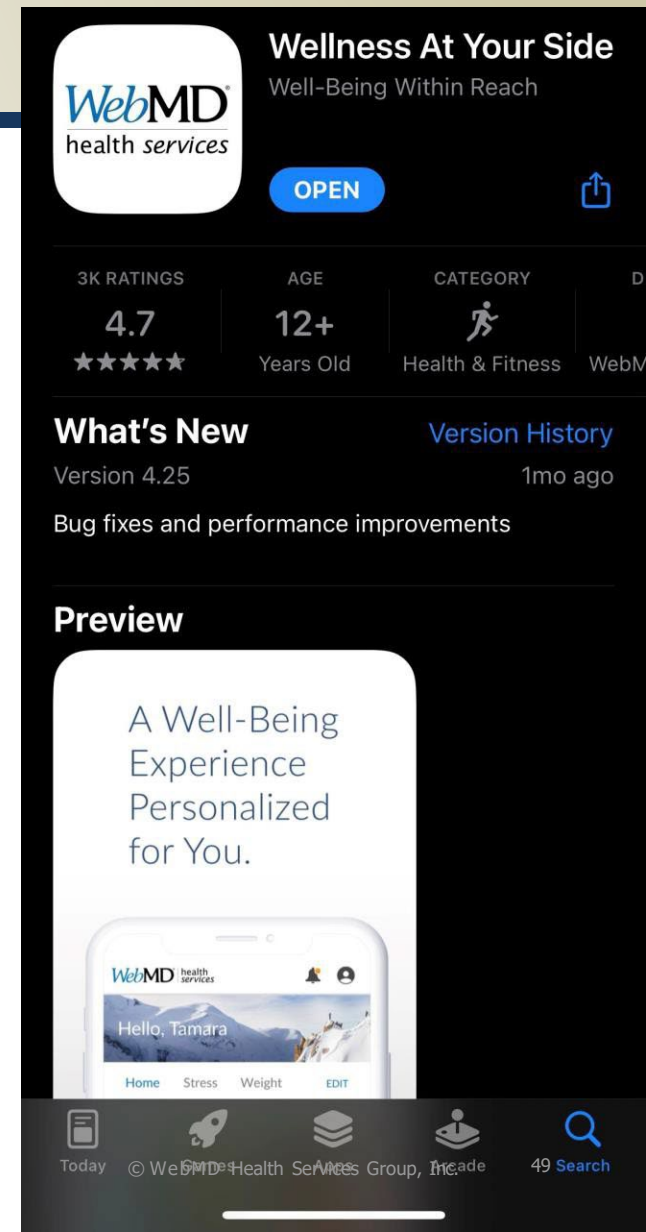


## Method 3: Mobile App - Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search "Wellness At Your Side."
2. Download and open the app, then enter your connection code: county
3. Follow the steps in Method 2 to create your account.

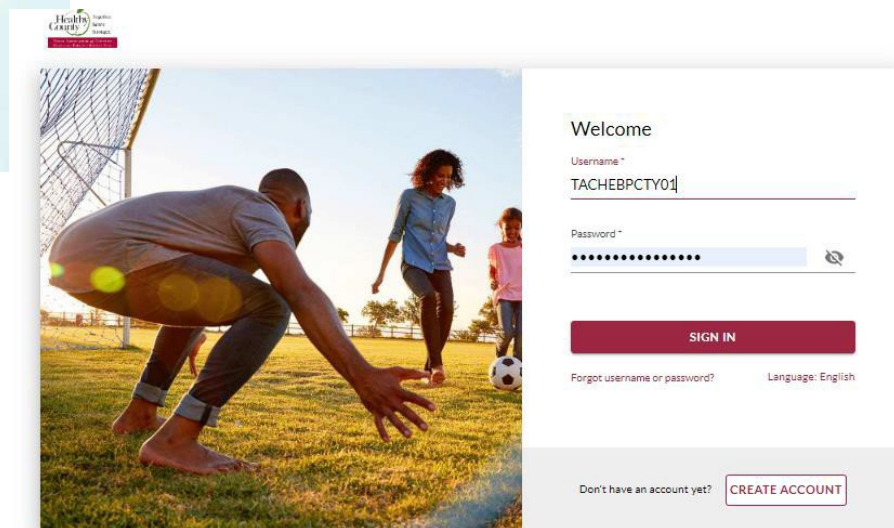
## Method 2: Direct login to WebMD ONE for Employees and Spouses

1. Go to [county.org/webmdone](https://county.org/webmdone).
2. Click **Create Account**.
3. Enter the first nine digits of your **BCBSTX Member ID** from your health benefits card (leave out the letters).  
**Spouses will need to add DOB** (XXXXXXXXMMDDYYYY) at the end of their BCBSTX Member ID Number.
4. **Enter your Date of Birth**.
5. Follow the prompts to create your account.



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Healthy County

Welcome

Username\*  
TACHEBPCTY01

Password\*  
.....

**SIGN IN**

[Forgot username or password?](#) Language: English

Don't have an account yet? **CREATE ACCOUNT**

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Personalized and flexible to meet your needs



© WebMD Health Services Group, Inc.  
Private and secure—we keep your information safe



Get guidance from a brand you know and trust

# ONE Health Assessment

The screenshot shows the landing page for the ONE Health Assessment. At the top, there are navigation tabs for "My Health" and "My Sponsor". Below this, a notification for "Secure Messages (3 new)" is visible. The main heading is "ONE Health Assessment". A call-to-action button says "Take the ONE Health Assessment to learn your personal health score and get recommendations for making positive steps towards better health." Below this, it says "Complete each section below to finish your ONE Health Assessment." An illustration shows a family sitting at a picnic table. The assessment is divided into four sections: "About You", "Health Behaviors", "Emotional Health", and "Clinical". Each section has a circular progress indicator showing "0% Complete" and a "START" button.

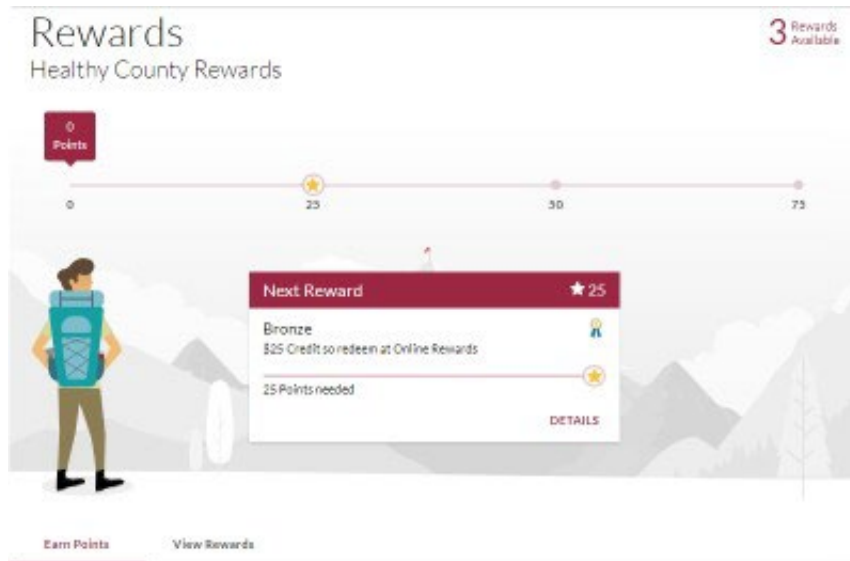
The screenshot shows the "ONE Health Assessment | Results" page. At the top right, there is a "DOWNLOAD REPORT" button. The main section displays the "Wellness Score" as 93 out of 100. Below the score is a "TAKE IT AGAIN" button. To the right, under "TOP ITEMS FOR IMPROVEMENT", there is a "Prevention" section with a "Medium Risk" indicator. Below this, a comparison bar shows "Optimal you is 100" (You scored a 93 out of 100) and "The average score is 69" (You scored better than the average person your age). The bottom section is titled "TAKE ACTION" and features two cards: "Quit Tobacco" with a "START NOW" button and "Nutrition" with an "EAT HEALTHY" button. A note says "These important well-being activities help you maintain your health the way you want it."

# Rewards

The screenshot shows a web application interface for 'Healthy County Rewards'. At the top, the URL 'staging.webmdhealth.com' is visible. The 'Healthy County' logo features the tagline 'Together. Better. Stronger.' and 'With a commitment to prevention'. A navigation menu on the left includes 'Dashboard', 'Take Action', and 'Explore & Learn'. The main content area features a 'ONE Health Assessment' card with a 'GET YOUR SCORE' button and an image of healthy food. Below this is a 'Rewards' section with a 'Healthy County Rewards' card that is 'Locked' and expires on 12/31/2024, with an 'UNLOCK PROGRAM' button. The 'Daily Habits' section includes a 'START PLAN' button and an illustration of a person on a bicycle. The 'Health Trackers' section is partially visible at the bottom.

# Rewards

## Healthy County Rewards



**NEW:** All employees covered by the county's medical plan are eligible to earn **\$75 in 2024!**

## EARN POINTS

Complete the following by December 31, 2024, unless otherwise noted.

Get Started and Learn about Your Health	Earn a maximum of 20 Points
Best Foot Forward	Earn a maximum of 15 Points
Spring Into Action	Earn a maximum of 15 Points
Walk & Stroll	Earn a maximum of 15 Points
Move for a Mission	Earn a maximum of 15 Points
Wellness Challenges	Earn 15 Points

# Rewards

## Healthy County Rewards

### EARN POINTS

Complete the following by December 31, 2024, unless otherwise noted.

 Get Started and Learn about Your Health	Earn a maximum of 20 Points	▼
 Engage in the Support You Need	Earn a maximum of 40 Points	▼
 Best Foot Forward	Earn a maximum of 15 Points	▼
 Spring into Action	Earn a maximum of 15 Points	▼
 Walk & Stroll	Earn a maximum of 15 Points	▼
 Move for a Mission	Earn a maximum of 15 Points	▼
 Wellness Challenges	Earn 15 Points	▼

### COMPLETED

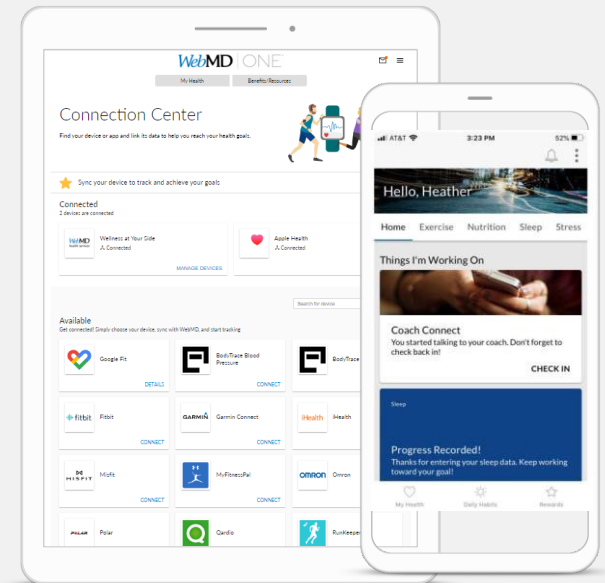
 Required Activity	 Reward Program unlocked!
You completed this on 9/19/2023	

- More ways to earn in 2024!
  - Begin to earn points by completing the **ONE Health Assessment**
    - Download the WAYS app;
    - Obtain an Annual Exam;
    - Participate in a Condition Management Program OR complete a Daily Habits Plan; and
    - Complete a physical activity contest.

# Device & App Connection Center

Seamless integration with over 400 different devices and apps.

- NOTE: Users need to download the WAYS app to integrate with Apple Health and Google Fit.
  - You will be prompted to connect after logging into the WAYS app.





# Device Storefront

- Every benefit-eligible employee receives a subsidy/voucher every two years
- The subsidy is redeemable in the online catalog as a voucher using your health benefits UID# (903XXXXXX from the front of your health benefits card)
- Subsidy can be used to obtain a Garmin Vivofit 4 or Fitbit Inspire 3 at no additional cost
- You may apply the value of your voucher to upgrade to any device and pay the difference
- Free shipping on all orders, orders can be shipped directly to your home



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# Contact Us Page

This displays at the bottom of each page

WebMD | ONE™

Policies

Contact Us



© 2020 WebMD Health Services Group, Inc. All rights reserved.  
WebMD does not provide medical advice, diagnosis or treatment.  
See additional information.



ACCREDITED  
Health Website  
Expires 07/31/2020



HITRUST  
GSF Certified



Contact Us

### Welcome. How can we help you?

WebMD Customer Support is available 8:00 AM to 6:30 PM Monday-Friday (Eastern Time). To speak immediately with a WebMD Customer Support representative, please call 866-761-3218.

Topic \*

Make a selection

Message \*

If a health condition is causing your concern, consult a health care professional for specific advice or treatment. Thank you!

**Please Do Not Request Medical Advice.**

In order to better protect your privacy do not include any Personal Health Information in this form.

SUBMIT

## Questions?

WebMD Customer Service is available Monday – Friday 7:30 am – 7:00 pm CT. at (877) 855-9430.



# Thank You

1-800-456-5974

[www.county.org/healthycounty](http://www.county.org/healthycounty)

[www.county.org/group-health](http://www.county.org/group-health)

[healthycounty@county.org](mailto:healthycounty@county.org)



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Together. Better. Stronger.

THANK YOU!



Questions?