



EXPLORE YOUR BENEFITS



Christy Bond
Marketing Account Representative
Blue Cross and Blue Shield of Texas



BlueCross BlueShield of Texas
Experience. Wellness. Everywhere.™



HealthSelectSM of Texas

- Self-funded plan offered to State of Texas and certain higher education employees, retirees, and their dependents
- Administered by Blue Cross and Blue Shield of Texas for the Employees Retirement System of Texas (ERS)

- **Blue Care Connection®**
- **Blue Access for Members**
- **Personal Health Manager**
- **Blue Extras**



Blue Care Connection

Disease & Condition Management

Disease and condition management programs are designed for those who have been diagnosed with conditions such as:

- Asthma
- Diabetes
- Congestive heart failure

- Weight Management and Tobacco Cessation programs
- Special Beginnings
- Personal Health Manager
- Blue Points

Blue Care Connection at (800) 462-3275

24/7 Nurseline

Gives you direct access to experienced nurses for questions regarding health related concerns 24 hours a day /365 days a year

Simply Call (888) 334-9473



Blue Access For Members at www.bcbstx.com/hs



BlueCross BlueShield
of Texas

Contact Us | ERS Home



Home

My Coverage

Doctors & Hospitals

Coordinator News

Destination Wellness

Welcome to HealthSelect's Plan Benefits

News and Updates

H1N1 ("Swine") Flu
Information

Complete a Health Risk
Assessment and Earn Blue
Points

Fighting Insurance Fraud -
What You Can Do

Destination Wellness



DESTINATION
WELLNESS

Tools, Resources, and Rewards
for HealthSelect Participants

How can we help you?



- [Learn to use the Personal Health Manager and earn Blue Points](#)
- [H1N1 \("Swine"\) Flu Information](#)
- [Save Money with the BlueExtras Discount Program](#)

Blue Access

for Members

User Name:
Password:

- I forgot my User Name
- I forgot my Password
- Take a Tour of Blue Access for Members!
- Sign Up Today!

 **"Live Chat"**
Log In to
Blue Access
for Members

 LAUGH MORE, STRESS LESS

Blue Access for Members



BlueCross BlueShield of Texas

Experience. Wellness. Everywhere.SM

Company

[Information](#) | [Contact Us](#) | [User Profile](#) | [Help](#) |

[Log Out](#)

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[My Health](#)

[My Coverage](#)

[Visits & Claims](#)

[Doctors & Hospitals](#)

News & Updates

[PHM and HRA Access Interruption](#)
[Blue PointsSM E-mail Reminder](#)
[Get Fit for only \\$29 a month!](#)
[Mammogram and Cervical Cancer Screenings](#)

Message Center

Subject	Date
Re: Why isn't my claim paid yet?	3/9/2010
Blue Cross and Blue Shield Pending Claim Notification	8/19/2010

[More...](#)

Live Chat

Chat Live with a Blue Cross Blue Shield of Texas Customer Service Representative regarding benefit and claims questions.

Monday - Friday
7 a.m. - 10 p.m.

My Health



Happy New Year!

Start the new year off on the right foot! Be sure to schedule your annual wellness check with your physician.

[Learn more about physical exams.](#)

1 2 3



Personal Health Manager
Access health and wellness resources that can help you manage your health.

H1N1 UPDATE

[H1N1 Alert](#)
Get the facts you need.

Medical Visits & Claims

Your 3 most recent visits :

Date	Patient	Physician/Provider	Status
03/04/2010	AARON SMITH	NATHAN JOHNS MD	PAID
03/01/2010	SAMATHA SMITH	NATHAN JOHNS MD	PAID
03/01/2010	SAMATHA SMITH	NATHAN JOHNS MD	NOT PAID

I need to...



Quick Links

- [Take your Health Risk Assessment](#)
- [View medical coverage](#)
- [Check out the Personal Health Manager](#)
- [Fitness Program](#)
- [Download a form](#)
- [Get a temporary ID Card](#)
- [Manage Preferences](#)
- [Find a Doctor, Hospital, or Dentist](#)

LAUGH MORE, STRESS LESS

Personal Health Manager



BlueCross BlueShield of Texas
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[Home](#) | [My Health](#) | [My Coverage](#) | [Visits & Claims](#) | [Doctors & Hospitals](#)

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LAUGH MORE, STRESS LESS

Personal Health Manager

For Your Health – Get Fit, Eat Right, Live Well, Kids & Teens, Articles & Recipes, Weight Loss, Stop Smoking

Blue Points

Know Your Risk – Customized Health Risk Assessment

Secure Messages – System-generated or from your care providers

Your Tools – Medical & wellness trackers, Advanced Directives

The screenshot shows the Personal Health Manager interface. At the top, there are navigation links: Get Fit, Eat Right, Live Well, Kids & Teens, Articles & Recipes, Weight Loss, Stop Smoking, and Blue Points. Below these is an Interactive Symptom Checker with a human silhouette and a list of body parts: Head, Eyes, Ears, Nose & Mouth, Neck & Throat, Arm, Shoulder & Hand, Chest & Breast, Abdomen, Pelvic Area & Groin, Leg, Hip, Knee & Foot, Back & Spine, Buttocks, and Skin. On the right side, there are sections for 'Take Your Health Risk Assessment', 'My Care Profile', 'Ask a Question', and 'Health Search'. Red arrows point from the text labels to these specific features in the interface.

Interactive Symptom Checker

Questions/Feedback – Send questions to health professionals

Health & Drug Encyclopedias

Record Your Activities And Earn Medals

Tuesday, December 15, 2009 | Last Login: Tuesday, December 15, 2009

Logged in as **Aaron J. Smith** | [Log Out](#) | Switch [Family Members](#)



[MANAGE](#) [COMMUNICATION](#) [HEALTH TOOLS](#) [HEALTH INFORMATION](#) [RESEARCH](#) [GENERAL](#)



Want a Gym Membership? [Click here](#) to find one in your area.

Get Fit - Exercise Plan

Your Current Goal:
Standard Weight Loss

[Modify](#)
[Weekly View](#)
[Printer Friendly](#)

◀ **Tuesday** December 15 ▶

Week: **W H F S S M Today W H F S S M**
Medals: **? ? ? ? ? ? ? ? ? ? ? ?**

[REPORT](#)

Burn Rate: 2206 cal. **Exercise:** 0 cal. **Daily Total:** 2206 cal.

You have not reported on your plan today.

WARM UP: Warm up for 5 minutes before proceeding with your day's workout.

Flexibility [modify](#)

Activity	Repetitions	Hold Time
Calf:Step stretch	3 stretches	10 sec
Neck:Side to side	3 stretches	10 sec
Chest:Wall corner lean	3 stretches	10 sec
Lower Back:Seated forward lean	3 stretches	10 sec

Resistance

Activity - Chest - modify	Sets	Reps	Weight	Rest
Wide Grip Push-ups	2	12	body	60 seconds
Activity - Shoulders - modify	Sets	Reps	Weight	Rest
Arnolds	2	15	10	60 seconds

Select The Completed Activities and Times and Then Click Submit.

Tuesday December 15

Week: W H F S S M Today W H F S S M

Medals: [X] [X] [X] [X] [X] [X] [?] [O] [O] [O] [O] [O]

Weekly View Printer Friend

Burn Rate: 2206 cal. Exercise: 0 cal. Daily Total: 2206 cal.

You have not reported on your plan today.

WARM UP: Warm-up for 5 minutes before proceeding with your day's workout.

Flexibility

Activity	Repetitions Reported / Plan	Hold Time Reported / Plan
<input checked="" type="checkbox"/> Calf:Step stretch	3 / 3 stretches	10 / 10 sec
<input checked="" type="checkbox"/> Neck:Side to side	3 / 3 stretches	10 / 10 sec
<input checked="" type="checkbox"/> Chest:Wall corner lean	3 / 3 stretches	10 / 10 sec
<input checked="" type="checkbox"/> Lower Back:Seated forward lean	3 / 3 stretches	10 / 10 sec

Resistance

Activity - Chest	Sets Reported / Plan	Reps Reported / Plan	Weight	Rest
<input checked="" type="checkbox"/> Wide Grip Push-ups	2 / 2	12 / 12	body	60 seconds

Record Activities - Customize Workouts - Earn Blue Points

March 14
REPORT

You have not reported on your...

WARM UP: Warm-up for...

Flexibility

Activity

Hamstring: Sitting toe touch

Shoulder: Seated lean back

Upper Back: Cross arm in f

Quadriceps: Side quad

Resistance

Activity - Chest - modify

Dumbbell Bench Press

Push-ups (from knees)

Activity - Shoulders - m

Frontal Dumbbell Raise

Lateral Dumbbell Raise

Activity - Biceps - modify

Hammer Curls

Alternating Dumbbell Curls

Activity - Triceps - modify

Chair Dip

Kickbacks

Virtual Exercises

FLEXIBILITY EXERCISES

SPEED EXERCISES

RESISTANCE EXERCISES

> Chest

> Upper Back

> Shoulders

> Biceps

> Triceps

-Ball Dips

-Bar Dips

-Barbell Nose Breakers

-Chair Dip

-Close-grip Bench Press

-Close-grip Push-ups

-Kickbacks

-Overhead Triceps Extensions

-Standing Tricep Push-ups

-Tree-choppers

TRICEPS EXERCISES

TIPS & NOTES:

TECHNIQUE

PRECAUTIONS

SPOTTING

Primary Muscles Targeted (click for info)

QuickTime Movies | 100K Movie | 400K Movie | Printer Friendly Version

Kickbacks

Tips & Notes:

You can perform this exercise by either working both arms simultaneously or by alternating the arms individually. Either way, kickbacks are great for developing the tricep muscle group, but they do require a great deal of discipline. Keep those elbows high...no cheating!

** The illustration shown above demonstrates correct free-weight lifting*

Add Everyday Activities Such As Mowing The Yard, Sweeping The Floors And More..

COOL DOWN: Take time to properly cool down for 5 minutes after working out.



Recreational

[\(add/edit\)](#)

Activity	Category	Time (mins)
Vacuuming	House/Yard	30
Playing with Children	House/Yard	30
Playing with Children	House/Yard	180
Dance - Fast	Dance	30
Laundry	House/Yard	30

Choose From Several Categories Such As Dance, Nature, Cardiovascular And House/Yard

https://www.bcbsforyourhealth.com - For Your Health - Microsoft Internet Explorer

Recreational Activities

ACTIVITIES FOR TUESDAY DEC 15

Category	Activity	Schedule	Time	Action
Dance	Dance - Fast	Every Sun/Tue	30	Delete
House/Yard	Laundry	Every Sun/Mon/Tue/Wed/Thu/Fri/Sat	30	Delete
House/Yard	Playing with Children	Every Sun/Mon/Tue/Wed	30	Delete
House/Yard	Vacuuming	Every Tue	30	Delete

ADD AN ACTIVITY FOR TUESDAY DEC 15

First Then

Schedule:

Today Only

Every Sun Mon Tue Wed Thu Fri Sat

Time: Minutes

Save **Return**

Select an category Choose your Activity

Internet

When Finished, Select Report

Tuesday, December 15, 2009 | Last Login: Tuesday, December 15, 2009

Logged in as [Aaron J. Smith](#) | [Log Out](#) | Switch [Family Members](#)



BlueCross BlueShield
of Texas



Help



Home



MANAGE ▾



COMMUNICATION ▾



HEALTH TOOLS ▾



HEALTH INFORMATION ▾



RESEARCH ▾



GENERAL ▾



[Get Fit](#)



[Eat Right](#)



[Live Well](#)



[Kids & Teens](#)



[Articles & Recipes](#)



[Blue Points](#)

Want a Gym Membership? [Click here](#) to find one in your area.

[Get Fit - Exercise Plan](#)

Your Current Goal:
Standard Weight Loss

[Modify](#)

Tuesday
December 15

Week:

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Today

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Medals:

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[Weekly View](#)

[REPORT](#)

[Burn Rate](#): 2206 cal.

[Exercise](#): 0 cal.

[Daily Total](#): 2206 cal.

[Printer Friendly](#)

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Flexibility

[modify](#)

Activity	Repetitions	Hold Time
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Resistance

Activity - Chest - modify	Sets	Reps	Weight	Rest
Wide Grip Push-ups	2	12	body	60 seconds
Activity - Shoulders - modify	Sets	Reps	Weight	Rest
Arnolds	2	15	10	60 seconds

Log Your Meals

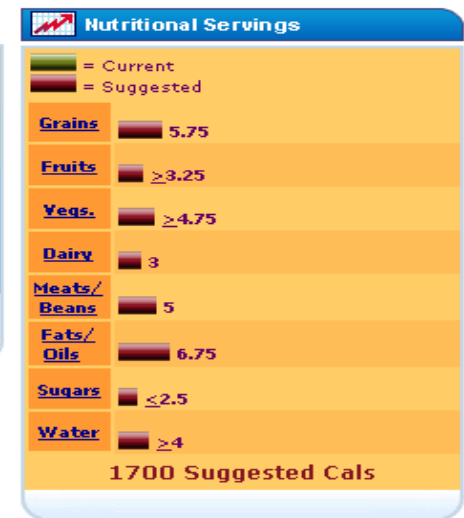
Choose a Category

Or Search by Keyword



Add Food Item To Meal

Step 1 **Category Search:** **Keyword Search:**
Step 2 **Select Food Item:**
Step 3 **Portion size:** 1/2 **Notes:** This is a generic fast food product.
How many portions do you want?



Choose the item – your current levels will be automatically recorded

Blue Points!



BlueCross BlueShield of Texas



Help



Home



MANAGE ▾



COMMUNICATION ▾



HEALTH TOOLS ▾



HEALTH INFORMATION ▾



RESEARCH ▾



GENERAL ▾

New Messages

You have no new messages in your inBox.
To view More messages, click on 'More'.

[MORE ▶](#)

Alerts/Notifications

You have no alerts.

My Tools

Use your Tools to record and keep track of your basic health measurements on a regular basis.



More tools to help you manage your health are on the way ...

For Your Health



[Get Fit](#)



[Eat Right](#)



[Live Well](#)



[Kids & Teens](#)



[Articles & Recipes](#)



[Weight Loss](#)



[Stop Smoking](#)

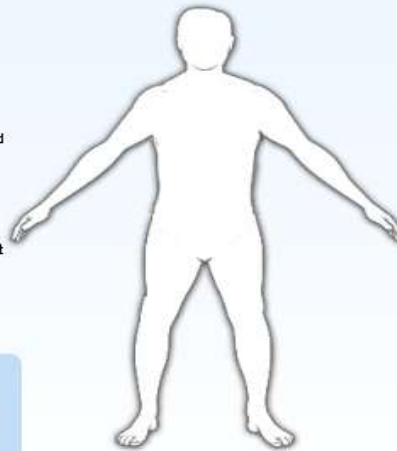


[Blue Points](#)

Interactive Symptom Checker

>symptom checker

Head
Eyes
Ears
Nose & Mouth
Neck & Throat
Arm, Shoulder & Hand
Chest & Breast
Abdomen
Pelvic Area & Groin
Leg, Hip, Knee & Foot
Back & Spine
Buttocks
Skin



Other Topics

[First Aid](#)
[Physical Problems](#)
[Mental Problems](#)

Know Your Risk

[Take Your Health Risk Assessment](#)



My Care Profile

[Access Your Care Profile](#)



Ask a Question

Click on the following images to send your questions to health professionals through a secure messaging system.



[ASK A Nurse.](#)



[ASK A Trainer.](#)



[ASK A Dietitian.](#)



[ASK A Life Coach.](#)



[Send Feedback.](#)

Health Search

- Health Topic
- News Archives
- Drug Index



Blue Points!

Redemption Levels

- [2500 Point Level](#)
- [5000 Points Level](#)
- [10000 Point Level](#)
- [25000 Point Level](#)
- [50000 Point Level](#)

Your Points Available To Redeem: 200

 [View Redemption Basket](#)

Items In Basket: 0

[FAQs](#)
[Program Rules](#)

[Customer Service](#)



Blue PointsSM Account and Redemption Center

Every time you track a fitness workout, report a meal, complete the on-line Health Risk Assessment or use other parts of the For Your Health section, you can earn Blue Points. From electronics to workout gear, there is a wide variety to choose from as your reward for being healthy.

New Blue Points Program Rules are effective January 1, 2010. See the [Program Rules](#) for more details.



You Have **200** Points Available for Redemption!

Point Earnings

(click a heading for more detail)

Health Risk Assessment	0 Points
Fitness Program Visits	0 Points
Tools and Trackers	200 Points
Online Weight Loss Program	0 Points
Online Stop Smoking Program	0 Points
Special Promotions	0 Points
Additional Blue Points	0 Points

Total **200 Points**

[View all Point Earnings History Detail](#)

[2500 Point Level](#)
[Earn More Points!](#)



[5000 Points Level](#)
[Earn More Points!](#)



[10000 Point Level](#)
[Earn More Points!](#)



[25000 Point Level](#)
[Earn More Points!](#)



[50000 Point Level](#)
[Earn More Points!](#)



Redeem Now!

Redeem Rewards At 2,500 Points – 50,000



\$5 Target Gift Card

The Target Gift Card can be used in retail stores or online.

 [Add to Basket](#)



\$5 Wal-Mart Gift Card

The Wal-Mart Gift Card can be used in retail stores or online.

 [Add to Basket](#)



Versa Loop- Light

New longer loop option! The closed-loop design of this 2~ flat band fits comfortably around the upper or lower legs, so you can exercise the muscles of the hips and legs. The 12~ long Versa-Loops are ideal for short, limited movements. Versa-Loop: 12~ L. 2~ W. 1 lb.

 [Add to Basket](#)



\$5 Best Buy Gift Card

The Best Buy Gift Card can be used in retail stores or online.

 [Add to Basket](#)



Versa Loop- Medium

New longer loop option! The closed-loop design of this 2~ flat band fits comfortably around the upper or lower legs, so you can exercise the muscles of the hips and legs. The 12~ long Versa-Loops are ideal for short,

50,000 Points Or Save and Redeem Values Up To \$600 At One Time...

 [Add to Basket](#)



\$200 Southwest Airline Gift Card

A southwestgiftcard can only be used for Passenger travel on Southwest Airlines or for flights on codeshare partners purchased through Southwest Airlines, excluding Southwest Airlines Group Tickets. The card is fully transferrable and has no expiration date. A southwestgiftcard will not be redeemed or exchanged for cash, check or credit except where required by law. A southwestgiftcard redeemed for travel is not refundable and will be held as travel funds if travel is not taken. All held travel funds must be used and travel taken within 12 months of the original reservation date.

 [Add to Basket](#)



Apple iPod Nano-Blue

With just a few clicks, the new Genius feature finds the songs on your iPod nano that go great together and makes a Genius Playlist for you. Thanks to the built-in accelerometer, you can rotate iPod nano to flip through album art with Cover Flow. Watch movies and TV shows in widescreen. And view photos in either portrait or landscape. Just give iPod nano a shake and it shuffles to a different song in your music library.

 [Add to Basket](#)



Silver Cyber-shot Digital Camera

Smile Shutter™ technology captures a smile the moment it happens. Simply choose the Smiley Face icon on the LCD and the camera does the rest. Double Anti-blur Solution is the combination of Optical SteadyShot™ image stabilization and High ISO sensitivity (up to 3200) which helps compensate for shaky hands, minimizes blur and

Blue ExtrasSM for HealthSelect Participants

Value-added discount programs

- Davis Vision
- TruHearing
- Jenny Craig
- Curves
- Fitness Program
- Health-related services and products, such as:
 - Acupuncture
 - Massage therapy
 - Fitness/gym memberships

Save an
average
of 35%
using
Blue
Extras



Fitness anywhere, anytime!



BlueCross BlueShield of Texas
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News & Updates

[Blue PointsSM Reward Program](#)
[Get Fit for only \\$29 a month!](#)
[Limited-time offer on glucose monitoring](#)
[Mammogram and Cervical Cancer Screenings](#)

Message Center

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Blue Cross and Blue Shield Pending Claim Notification	8/19/2010

[More...](#)

Wellness Spotlight

 **Fitness Program**
Your affordable passport to fitness!

Stay Connected

 Facebook
 Twitter
 Wellness Videos

My Health



Cervical Cancer

Although it most often occurs in women age 30 and older, all women are at risk for developing cervical cancer.

[Learn more.](#)



Personal Health Manager
Access health and wellness resources that can help you manage your health.

H1N1 UPDATE

H1N1 Alert
Get the facts you need.

I need to...

Quick Links

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-  [Compare Treatment Costs](#)
-  [Stop receiving paper statements](#)

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[More...](#)

Place  **on your Desktop!**

Fitness anywhere, anytime!



BlueCross BlueShield of Texas
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[Wellness Information](#) | [Tools](#) | [Incentives](#)

My Health - Wellness Information

I need to...

Most Popular Health Topics

[Arthritis](#) [Breast Cancer](#) [Cholesterol](#) [Diabetes](#)
[Fitness](#) [Immunization](#) [Obesity](#) [Ovarian Cancer](#)
[Physical Exam](#) [Pregnancy](#) [Prostate Cancer](#)

More Topics: [A - E](#) [F - J](#) [K - O](#) [P - T](#) [U - Z](#)

Health FAQs

[Do I need a particular Internet Browser to use Personal Health Manager?](#)
[How can I change the font size settings for my PHM?](#)
[What is the Hospital Comparison Tool?](#)

[View all FAQs](#)

Related Information

[Access My Health Tools](#)
[My Coverage](#)
[Find a doctor or hospital](#)

Fitness Program

The Fitness Program membership is your affordable passport to fitness. This program offers access to a nationwide network of independently contracted fitness centers for a low one-time \$29 enrollment fee and \$29 monthly fee, plus applicable taxes, available exclusively to Blue Cross and Blue Shield of Texas members and their covered dependents (age 18 or older).



[Access the Fitness Program](#)

BlueExtrasSM Discount Program

[BlueExtrasSM Discount Program](#)

Fitness Program

Welcome, AARON SMITH



Learn about the Fitness Program...

Why Enroll?

Benefits

How to Enroll?

Be Active. Have Fun. Get Fit.

Now, there's a program designed to make it easier for you to get fit, feel good and have fun while doing it!

The Fitness Program makes it easier for you to:

- Fit a quick workout into your busy day when it's convenient for you, wherever you are.
- Find the fitness center that fits you without the hassle of an annual commitment.
- Enjoy unlimited access to multiple fitness center locations for one low monthly fee.
- Meet new friends and have fun!
- Earn Blue PointsSM each time you visit a participating location and redeem them for valuable rewards.

Enroll in the Fitness Program today to enjoy the benefits of a healthier you!



Get Started Now!

Find Fitness Centers Near You and Enroll Today

Search for participating locations near you by entering your zip code and desired search distance below. Take the next step to becoming the fitter, healthier person you want to be by enrolling in the Fitness Program today.

Search for Fitness Centers

Enter ZIP Code

Search Distance

[Find Fitness Centers](#)

OR

Enroll Now!

When you join the Fitness Program, you get unlimited access to a network of fitness centers, all for one low monthly fee. Search or enroll today!

[Begin Enrollment!](#)

Frequently Asked Questions

[What is the Fitness Program?](#)

[How much does the Fitness Program cost?](#)

[How do I enroll in the Fitness Program?](#)

[Am I locked into a contract when I enroll in the program?](#)

[Why join the Fitness Program when I can find a less expensive option?](#)

[View All FAQs](#)

Fitness Program

North Lakes Recreation Center (2.21) Miles	Select
2001 W. Windsor, Denton, Texas 76209 Phone: (940) 349-8287 Amenities: Cardiovascular Equipment; Group Exercise / Aerobics Area; Resistance Training Equipment WebSite: www.dentonparks.com	
24 Hour Fitness - Lewisville (13.59) Miles	Select
724 W. Main St., Ste. 190, Lewisville, Texas 75067 Phone: (972) 436-4600 Amenities: Cardiovascular Equipment; Hot Tub / Whirlpool; Resistance Training Equipment; Pool - Year round; Steam and/or Sauna	
24 Hour Fitness - Little Elm Crossing (14.1) Miles	Select
2700 E. Eldorado Pkwy., Ste. 300, Little Elm, Texas 75068 Phone: (972) 624-6096 Amenities: Cardiovascular Equipment; Hot Tub / Whirlpool; Resistance Training Equipment; Pool - Year round; Steam and/or Sauna WebSite: www.24hourfitness.com	
24 Hour Fitness - Castle Hills (18.38) Miles	Select
4866 State Hwy. 121, Lewisville, Texas 75056 Phone: (469) 237-3054 Amenities: Cardiovascular Equipment; Group Exercise / Aerobics Area; Hot Tub / Whirlpool; Resistance Training Equipment; Pool - Year round; Group Cycling; Personal Training; Steam and/or Sauna	
24 Hour Fitness - Southlake (19.01) Miles	Select
301 N. Nolen Dr., Southlake, Texas 76092 Phone: (817) 421-4024 Amenities: Cardiovascular Equipment; Hot Tub / Whirlpool; Resistance Training Equipment; Pool - Year round; Steam and/or Sauna	
24 Hour Fitness - Frisco (19.2) Miles	Select
3865 Preston Rd., Frisco, Texas 75034 Phone: (214) 618-5524 Amenities: Cardiovascular Equipment; Hot Tub / Whirlpool; Resistance Training Equipment; Pool - Year round; Steam and/or Sauna	

Blue Cross and Blue Shield of Texas: *Real People*

- BCBSTX Summer Enrollment Line: (800) 252-8039
 - Monday-Friday, 7 a.m. – 7 p.m.
 - Saturday, 9:30 a.m. – 1:30 p.m.
- 24/7 Nurseline: (888) 334-9473
- Blue Care Connection: (800) 462-3275
- HealthSelect website: www.bcbstx.com/hs
 - Live Chat Monday-Friday, 7 a.m. – 10 p.m.
 - Ask-A-Nurse, Trainer, Dietitian, or Life Coach in the Personal Health Manager



QUESTIONS

