

# Manage your Health with Blue Cross and Blue Shield of Texas



Personalized support and one-on-one coaching for diabetes, hypertension, and behavioral health management.



Personalized program with one-on-one coaching and smart devices to help members lose weight, lower blood pressure, and prevent type 2 diabetes



Skills-based digital weight loss program that teaches you the skills to lose weight, increase your energy, and improve your sleep.



Personalized pain care that gets you moving. Relieve joint and muscle pain with personalized exercise therapy. Virtual sessions are offered anytime, anywhere. Unlimited one-on-one health coaching.



Suite of innovative programs and tools including an online health assessment, self-management programs, wellness challenges, tools & trackers, Blue Points program, health & wellness content, fitness program, and the AlwaysOn Wellness Mobile app

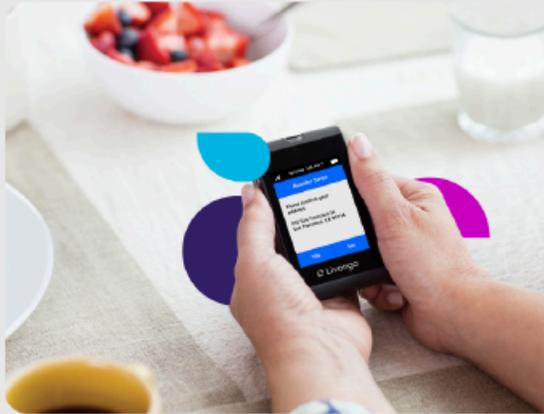
## Ready to get started?

Text **BCBSTXAPP** to **33633** to get the app.





## Diabetes Management: What to know about this benefit



**Did you know people who have been diagnosed with diabetes spend about \$17,000 each year on medical expenses? Out of that \$17,000, over \$9,500 is for diabetes treatment.<sup>1</sup>**

The Diabetes Management program that is part of our benefits can help you save this money because you do not have to pay for anything. You get support for your diabetes with smart devices, expert coaches and easy-to-follow, personalized plans.

**Diabetes is the eighth leading cause of death in the U.S.<sup>2</sup>** Through our benefit, you could qualify for help with your diabetes at no cost to you. The Diabetes Management program gives you personalized tools and support to track your blood sugar levels and develop healthier lifestyle habits.

- **What is the program?** The Diabetes Management program supports people diagnosed with type 1 or type 2 diabetes and helps make living with diabetes easier. The program team works with you to provide personalized plans so you can live your healthiest life possible.
- **What resources do you receive?** The program gives you a connected meter and Unlimited strips and lancets. If members of the program team see that your glucose levels go out of range, they'll reach out to you within 5 minutes to get you the support you need.\* You also have the option to work with a certified health coach for more guidance. If you prefer to receive support in Spanish, this option is available to you.
- **How can you get started?** Getting registered for the Diabetes Management program is easy and only takes a few minutes. You can either download the Teladoc Health app, call 800-835-2362 or visit the website by scanning the QR code below. You will start the process by answering a few simple questions about your health to see if you qualify for the program. If you do qualify, you will be mailed a Welcome Kit with instructions on how to get started.

**Call 800-835-2362**

Visit [TeladocHealth.com/Register/DENTONISD](https://TeladocHealth.com/Register/DENTONISD)

Download the app  



<sup>1</sup><https://www.diabetes.org/about-us/statistics/cost-diabetes>  
<sup>2</sup><https://www.cdc.gov/diabetes/basics/diabetes.html>

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\*95% of all calls occur within 5 minutes but per standard service-level agreements, all calls are completed within 15 minutes.

A LONG-TERM SOLUTION

# Turn the tables on diabetes

The Diabetes Management program can help you maintain your blood sugar levels for **better overall health**.



Normal blood sugar is  
**80-130** mg/dL<sup>1</sup>  
before meals

After meals, it should  
still be less than

**180** mg/dL<sup>1</sup>

**Where do you fall?**

### The highs and lows of blood sugar

When you have diabetes, it's important to track your blood sugar regularly. By monitoring, you can:

- See if your lifestyle choices are working
- Get immediate feedback
- Collect data your Teladoc Health team can use to help you

### Manage your overall health

- Take your medicine
- Eat a balanced diet
- Stay active
- Get enough sleep
- Check your blood sugar



The Diabetes Management program from Teladoc Health provides the support and tools you need to help you reach your health goals. This program can help you get your blood sugar levels under control, which is pretty sweet.

“ I've got all these great tools. You have the ability to download and have access to all your records. It's really good. I wish I would have started using it a lot longer ago.” John S.

## Get started with Teladoc Health today

Visit [TeladocHealth.com/Register/DENTONISD](https://TeladocHealth.com/Register/DENTONISD) or call **800-835-2362** or download the app

Use your registration code: DENTONISD

<sup>1</sup><https://medlineplus.gov/bloodglucose.html>

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiere para las comunicaciones provenientes del medidor del programa. Para inscribirse en español, llame al 800-835-2362 o visite [TeladocHealth.com/Bienvenido/DENTONISD](https://TeladocHealth.com/Bienvenido/DENTONISD)

The testimonials, statements and opinions presented are applicable to the individual depicted. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid.

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Teladoc Health app to participate in the Teladoc Health program. Members must have primary Medical Insurance coverage through the Blue Cross and Blue Shield of Texas plan offering the Teladoc Health Chronic Condition Management program.

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# Access a health program built just for you

Omada® is a personalized program with one-on-one coaching, specialist\* support and smart devices to help members lose weight and lower blood pressure.

**The best part: the program — up to a \$1,400 value — is no cost to you if you're eligible to join.**



If you or your adult family members are enrolled in the Blue Cross and Blue Shield of Texas health plan and are at risk for type 2 diabetes or heart disease or are living with high blood pressure, the Omada program is included in your benefits.



Get started today:  
[omadahealth.com/BCBSTX](https://omadahealth.com/BCBSTX)

**\$0**  
cost  
to you

## Which program can help you?

### Take control of your blood pressure

Learn ways to lower your blood pressure outside of just medication with dedicated support.

- ✓ Smart devices: a blood pressure monitor and smart scale\*

### Lose weight

No food restrictions. No counting calories. Lose weight and improve your overall health.

- ✓ A smart scale to monitor progress

Omada members who complete their health goals with the support of a health coach are **2.5X more likely to lose weight.**

## What do you get as a member?

### At no cost to you, each program provides:

- ✓ A personal health coach
- ✓ A clinical specialist (if eligible)
- ✓ All the smart devices you need
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities

## “ Members love Omada

“The health coaches make the difference! There is no criticism! There is positive reinforcement and celebration of successes, no matter how small.”

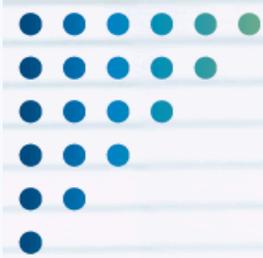
- Amy, Omada member

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

\*Certain connected devices and features provided as a part of an Omada program are only available to members in the applicable program who meet program and clinical eligibility requirements.

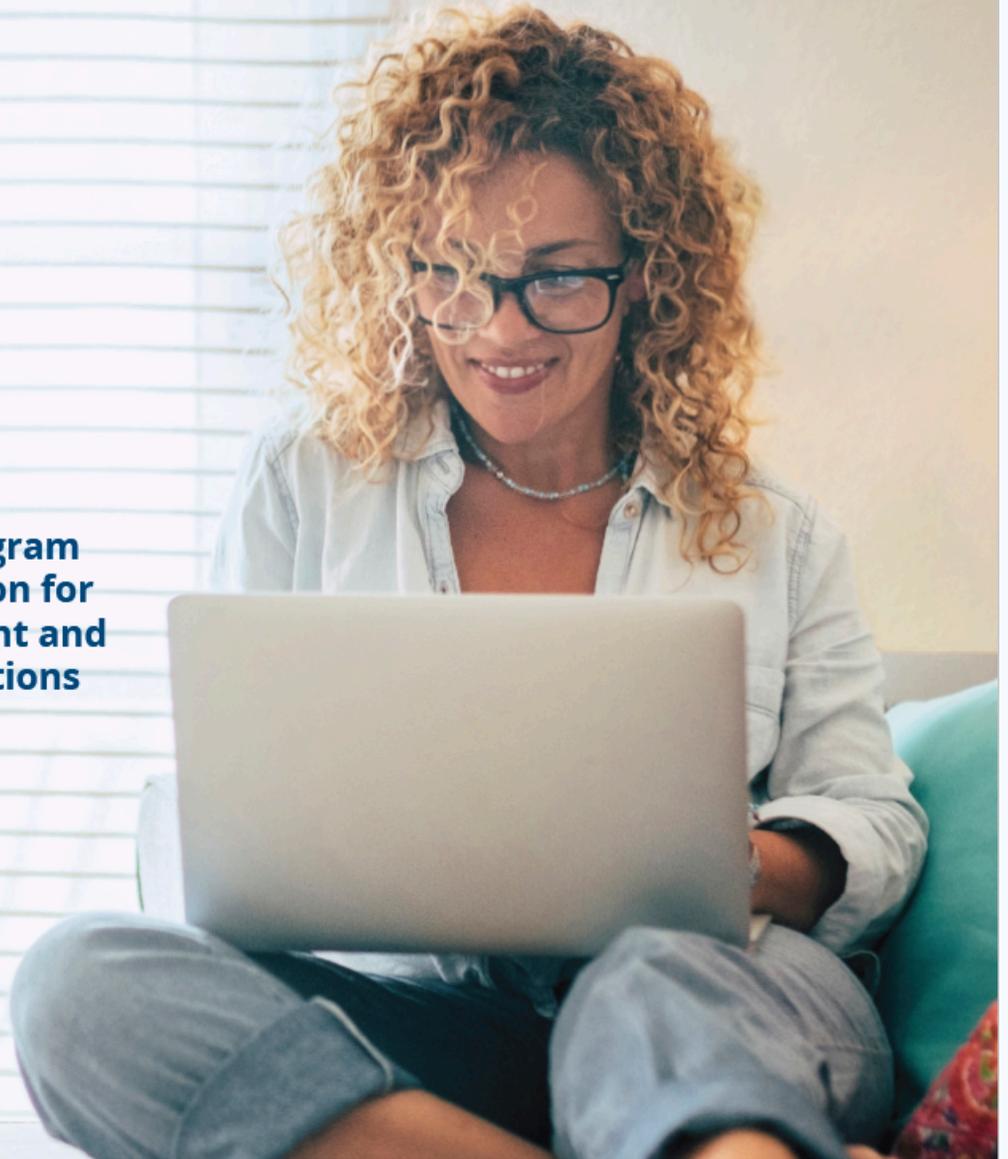


BlueCross BlueShield of Texas



**Omada**<sup>®</sup>

**Coach-Led Digital Program  
for Diabetes Prevention for  
Wellbeing Management and  
Health Advocacy Solutions**



**Funding Type: Fully Insured and Administrative Services Only (ASO)  
including Minimum Premium Plus (MPP) | Blue Balanced Funded (BBF)**

**Segments: Large Group (Custom Fully Insured and Standard Fully Insured) Small Group |  
Mid-Market**

**Networks: Preferred Provider Organization (PPO) and Health Maintenance Organization (HMO)**

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

As part of the Wellbeing Management and Health Advocacy Solutions packaging, Blue Cross and Blue Shield of Texas offers an exciting coaching option, with no extra charge to members. Your employees could benefit from digital educational opportunities for reducing the risk of type 2 diabetes and heart disease with Omada. This supplemental remote care can be done in the comfort of the member's own home.

### **Omada – Diabetes Prevention Solution**

Omada, a behavioral medicine program, inspires and enables people who are at risk for chronic conditions like type 2 diabetes and heart disease to change the habits that put them most at risk. The program combines data-powered human coaching, connected devices and a tailored curriculum to effectively improve overall health and reduce the risk of diabetes and cardiovascular disease.

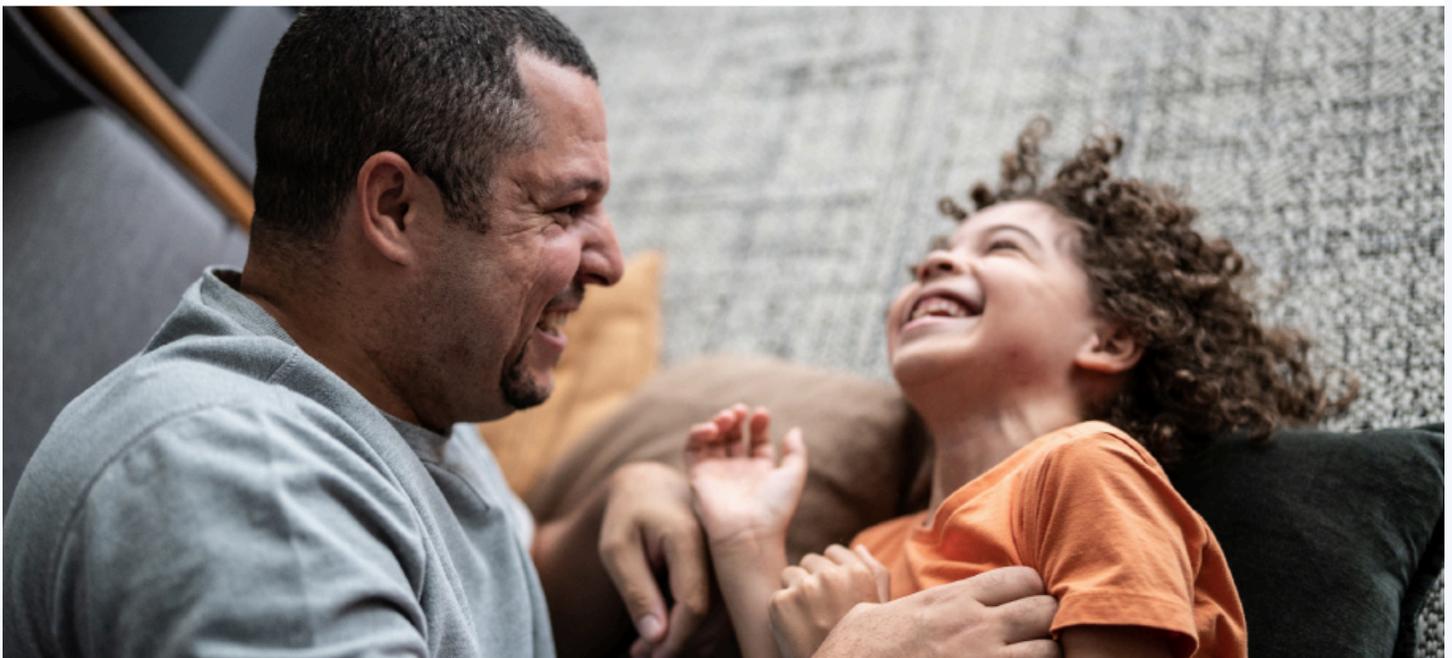
#### **Features include:**

- Professional health coach to provide ongoing digital support and guidance
- Weekly lessons to empower healthier habits around food, activity, sleep and stress
- Cellular-connected scale that automatically uploads readings to a member's account
- Small online group for real-time motivation from a community of peers
- Simple employer reporting for enrollment, engagement and outcomes

### **Eligibility**

To support the program, Omada will receive a weekly file of eligible members. Because all risks for diabetes and cardiovascular disease are not identifiable through a claims screen, BCBSTX provides Omada with the entire membership eligibility. On enrollment, members complete a brief health assessment to determine full eligibility for the program.

In addition, for groups that also implement Omada's Hypertension program, BCBSTX screens prior claims to identify members with hypertension (HTN) and identifies those members within Omada's eligibility file. Omada will only outreach for HTN program to identified members. Members without prior claims can self-identify as having HTN when they enroll in that program.



# Weight loss isn't one-size-fits-all

Meet Wondr, the weight-loss  
program that fits you.

Wondr is a skills-based digital  
weight-loss program that teaches  
you the skills to:

- ✔ Lose weight
- ✔ Increase your energy
- ✔ Improve your sleep

and be your healthiest self—  
while eating the foods you  
love. Our program is based on  
behavioral science and takes a  
personalized approach that fits  
into your life—at no cost to you.\*



Get started today at [wondrhealth.com/dentonisd](https://wondrhealth.com/dentonisd)



## Science-backed video lessons

Every week, experts in diet, exercise, sleep, stress, and more, will teach you behavior-change skills to feel better and live stronger, for life.



## Content tailored to YOU

Based on your health profile, we serve up relevant, bite-sized content from our library, that addresses your unique challenges and goals.



## Earn with Wondr Rewards

Watch your weekly videos, earn points, and redeem for cool stuff that's designed to support your journey like: wireless earbuds, blenders, bento boxes, and so much more!



## A supportive community

WondrLink is our online community, where our coaches are ready to support and encourage you every step of the way. Plus, you can share and gain tips and tricks from participants like you.

# Wondr works wonders

It's not a diet, it's lasting change. The benefits go beyond the scale.

Proven participant results

**88%** feel more in control of their weight

**68%** increased their physical activity

**65%** lowered their risk of type 2 diabetes

**65%** feel more confident

**62%** feel more energetic

**61%** feel less stress

**10lbs+** average weight loss in the first 9 weeks

Join the 1 million+ people like you who've improved their overall well-being with Wondr.

"As I got into the psychology behind it, the health coaches, the doctors, the nutritionists, all of it just started clicking with me. Wondr gave me the knowledge of what it takes to change my life. It's why we eat, how we eat, not just what we eat."

Gail M. WONDRA PARTICIPANT

LOST **70lbs** | GAINED **Confidence**

For more information, visit:

[wondrhealth.com/dentonisd](https://wondrhealth.com/dentonisd)

# Hinge Health



IT'S TIME TO START THINKING ABOUT YOUR ANNUAL BENEFITS!

## Tackle joint and muscle pain where you need it most

With Hinge Health, get access to a tailored exercise program to help you recover from injuries, build strength, and more. Whether your aches are short-term or chronic, we'll help you get moving again.

### Specialized care, personalized for you

- **1-on-1 support**  
Work with a dedicated physical therapist and health coach to treat multiple body parts.
- **A care plan on your terms**  
Get tailored exercises and video visits with your physical therapist that fit seamlessly into your busy life.
- **Technology that works for you**  
Improve your form and build your confidence during exercises with real-time audio & visual guidance from our app.
- **All costs covered**  
You earned Hinge Health benefits through Denton ISD. There's zero cost to you (yes, really).

Sign up today.

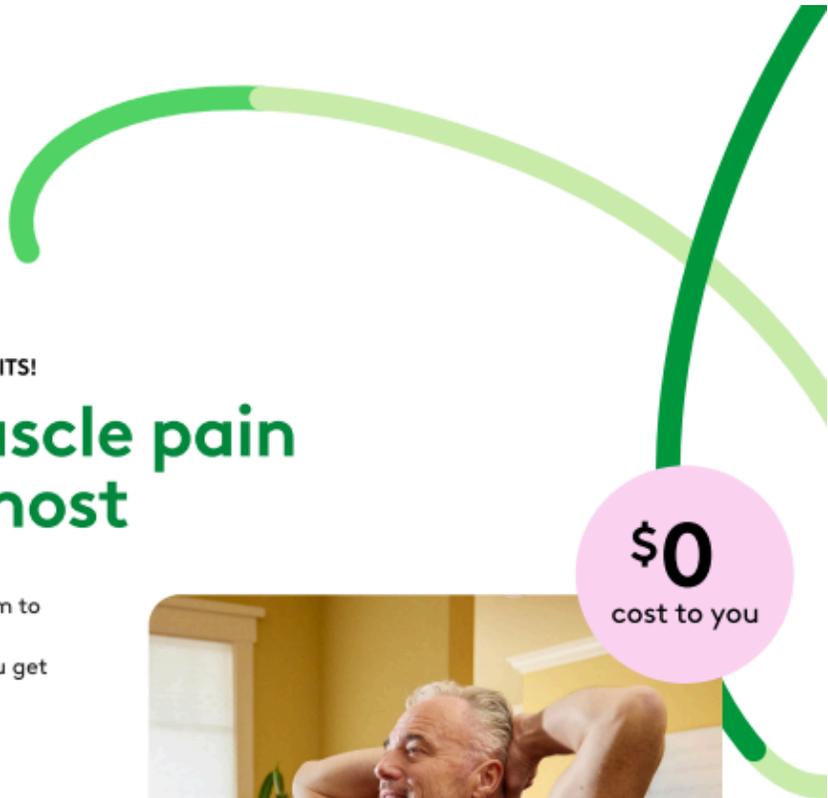
Scan the QR code or visit:

[hinge.health/dentonisd-join](https://hinge.health/dentonisd-join)

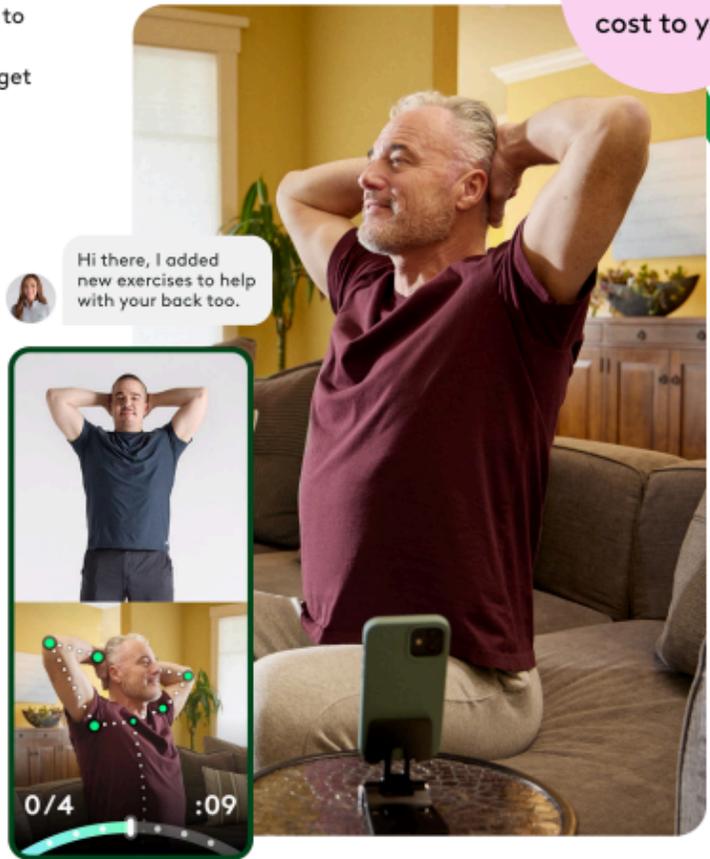


Please use the default camera on your device to scan the QR code, not a third-party application. If you are directed to a site other than the URL listed above, do not proceed.

Employees and dependents 18+ enrolled in a BCBSTX medical plan through Denton ISD are eligible.



**\$0**  
cost to you





# A New Way to Experience Wellness

Well onTarget® gives you the tools and resources to create your healthy journey — no matter where you may be on the path to wellness.

## Member Wellness Portal

Available at [wellontarget.com](http://wellontarget.com), the portal links you to a suite of innovative programs and tools.



Health Assessment (HA)<sup>1</sup>



Blue Points<sup>SM</sup> Program<sup>2,3</sup>



Self-Management Programs



Health and Wellness Content



Wellness Challenges



Fitness Program<sup>4</sup>



Tools and Trackers



AlwaysOn<sup>®</sup> Wellness Mobile App



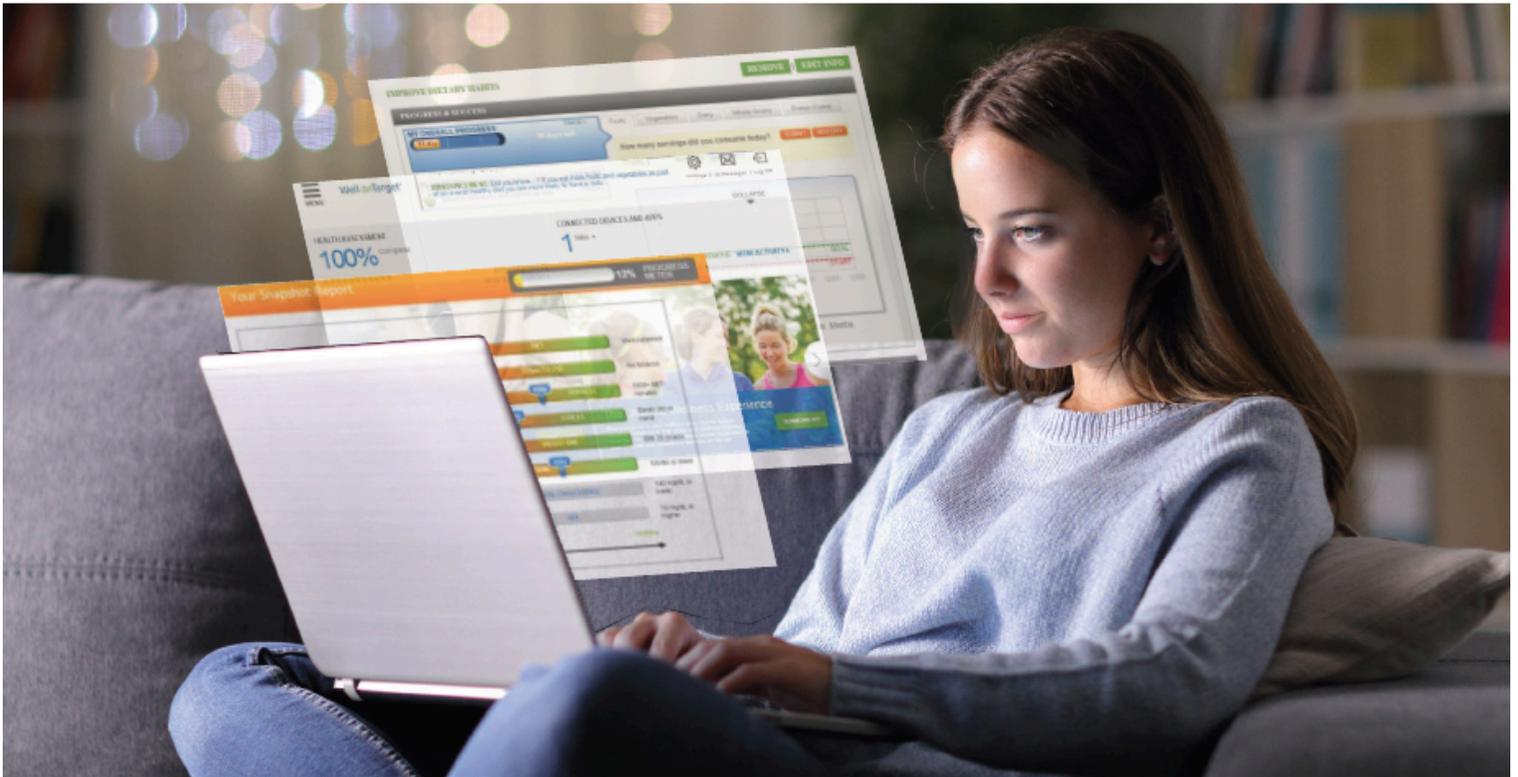
Fitness Tracking

Well onTarget®

Members can go to [wellontarget.com](http://wellontarget.com) and use their Blue Access for Members<sup>SM</sup> credentials to join.

Wellness Program Questions?

Call Customer Service at 877-806-9380.



# Live Well with the Well onTarget Member Wellness Portal

The Well onTarget® Member Wellness Portal at [wellontarget.com](http://wellontarget.com) provides you with tools to help you set and reach your wellness goals. The portal is user-friendly, so you can find everything you need quickly and easily.

## Explore Your Wellness World

When you log in to your portal, you will find a wide variety of health and wellness resources, including:

- The Health Assessment (HA)
- Self-Management Programs
- Health trackers
- Trusted news and health education content

## See Your Stats in a Flash

Everything you want to see quickly is on your dashboard. The dashboard shows all of your Well onTarget programs. You can see where you are today compared with where you were when you started. You can also read the latest health news, check your activity progress and more.

## Take a Snapshot of Your Health

The HA asks you questions about your health and habits.<sup>1</sup> You then get a Personal Wellness Report. This report suggests ways to make positive lifestyle changes. Your report can also help you decide which Well onTarget program to start first to get the most benefit. You can even print a Provider Report to share with your doctor.