

# Healthy County Resources

*Employees who embrace wellness experience increased productivity, improved morale and stronger workplace loyalty. An employee's healthier lifestyle translates into lower absenteeism, lower health care costs and fewer workers' compensation claims. Healthy County can help get you there.*

## Lifestyle Resources

### Healthy County (Sonic Boom) Portal

This integrated health and physical activity portal gives you access to Healthy County wellness contests, Healthy Lifestyle Reward redemptions (for participating counties), a fitness device subsidy and the storefront, where you can find activity trackers, free health education courses and more.

*ONLINE: Healthy County (Sonic Boom) Portal at [www.county.org/sonicboom](http://www.county.org/sonicboom)*

### Blue Points Rewards

Earn points from the Well onTarget program from Blue Cross and Blue Shield of Texas (BCBSTX) by participating in healthy activities. Redeem points for clothing, books, health and personal care, jewelry, electronics, music, sporting goods and more.

*ONLINE: Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Well onTarget (under Quick Links)*

### Health Assessment

Begin with a confidential, personalized guide to your overall health. Learn how the lifestyle choices you make today can affect you in the future and put your health at risk.

*ONLINE: Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Health Assessment (under Quick Links)*

### Employee Assistance Program

The Employee Assistance Program provided by Alliance Work Partners offers employees and their families solution-focused counseling, guidance, training, resources and referrals to help balance work with life and increase health and well-being at no cost to our members.

*ONLINE: [www.awpnow.com](http://www.awpnow.com)  
PHONE: (800) 343-3822  
REGISTRATION CODE: AWP-TACHEBP-4661*

### Naturally Slim®

Offered periodically during the year, this online 10-week program offers the secret to lasting weight loss that doesn't involve starving, counting calories or eating diet food.

*ONLINE: [www.county.org/naturallyslim](http://www.county.org/naturallyslim)*

### Omada®

Omada is a digital lifestyle-change program that helps people at risk for type 2 diabetes or heart disease lose weight and build sustainable habits that improve their health. A professional Omada health coach and a small group of online participants keep you engaged and on track throughout your journey.

*ONLINE: [www.omadahealth.com/healthycounty](http://www.omadahealth.com/healthycounty)  
REGISTRATION CODE: healthycounty*

### Gym Discount Program

Join the BCBSTX Fitness Program for unlimited access to thousands of participating fitness locations nationwide. There is a \$19 one-time enrollment fee + tiered network options with prices ranging from \$19 to \$99 a month with no annual contract.

*ONLINE: Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Fitness Program (under Quick Links)*

### Digital Self-Managed Programs

From stress management to weight loss, nutrition, fitness and more, a Well onTarget lifestyle coach can guide you along your journey to better health.

*ONLINE: Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Well onTarget (under Quick Links) > Courses*

### Online Access

- Healthy County on the TAC website at [www.county.org/healthycounty](http://www.county.org/healthycounty)
- **Employee Self-Service (ESS) Portal** at [mybenefits.county.org](http://mybenefits.county.org)
  - Access to Healthy County wellness program information, the Sonic Boom wellness portal, Blue Cross and Blue Shield of Texas (BCBSTX) benefits and records, Navitus Health Solutions for prescription benefits, the Texas County & District Retirement System and more.
- **Healthy County (Sonic Boom) Portal** at [www.county.org/sonicboom](http://www.county.org/sonicboom)
  - Access to wellness contests and incentives, the fitness device storefront, activity tracking, health education courses and more.
- Follow Healthy County on Facebook at [www.facebook.com/TACHealthyCounty](http://www.facebook.com/TACHealthyCounty)



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

# Health Management Resources

## Blue Access for Members

Take charge of your health – and save time and money – with BCBSTX Blue Access for Members. Review your health and dental coverage, examine claims, find doctors and hospitals through Provider Finder,<sup>®</sup> estimate costs for a medical service, find a dentist and more.

*ONLINE: Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site*

## Telemedicine with MDLIVE

Conduct a virtual visit with a doctor or therapist who can provide a diagnosis and prescribe medications (when appropriate) via videoconference, mobile app or telephone 24/7. Services include general health, pediatric care and behavioral health. The cost of a MDLIVE visit is \$10.

*ONLINE: [www.mdlive.com/BCBSTX](http://www.mdlive.com/BCBSTX)  
PHONE: Call (888) 680-8646*

## 24-Hour Nurseline

Speak confidentially at no cost with an experienced registered nurse who can help with health care concerns for you and your family.

*PHONE: Call (855) 357-5228; ask for Nurseline*

## Airrosti

Airrosti is a safe, noninvasive and highly effective alternative to surgery, pain management and long-term chiropractic or physical therapy programs. The copay is the same as a primary care visit (PPO plans only).

*ONLINE: [www.airrosti.com](http://www.airrosti.com)  
PHONE: Call (800) 404-6050  
VIRTUAL VISITS:  
[www.airrosti.com/RemoteRecovery](http://www.airrosti.com/RemoteRecovery)*

## Condition Management

Confidential assistance and health coaching is available through Wellbeing Management for conditions including cancer, congestive heart failure, coronary artery disease, chronic obstructive pulmonary disease, asthma, diabetes, metabolic syndrome, high blood pressure and more.

*ONLINE: Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Well onTarget (under Quick Links) > Courses*

## Livongo<sup>®</sup>

Livongo empowers self-management of chronic conditions for individuals with diabetes and/or hypertension. Participants who are in the Livongo for Diabetes program will receive the Livongo blood glucose meter, unlimited diabetes test strips, which are delivered on demand, and immediate interventions when blood glucose levels are dangerously high or low. Participants who are in the Livongo for Hypertension program will receive a Livongo blood pressure monitor and personalized feedback on their readings. Livongo health coaches provide support for questions on nutrition or lifestyle changes. All supplies are provided to the member at no cost.

*ONLINE: [get.livongo.com/healthycounty](http://get.livongo.com/healthycounty)  
REGISTRATION CODE: HEALTHYCOUNTY*

## Quit Tobacco

This six-week online or telephonic tobacco cessation program provides personal coaching and cessation medications.

*ONLINE: Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Well onTarget (under Quick Links) > Courses  
PHONE: (877) 806-9380  
MEDICATIONS: For questions about covered cessation medications, call Navitus Health Solutions at (866) 333-2757*

## Women's and Family Health Programs

These programs focus on maternity management and parenting support. Maternity management consists of low risk maternity management support via Ovia Health, more specialized management for high risk pregnancies via Special Beginnings and a self-management program via Well onTarget.

*PHONE: Call (855) 357-5228 to find out which women's and family health program is right for you.*

## Stay in the Know



## Subscribe to the Monthly Healthy Byte E-Newsletter

For Healthy County news, challenge updates, healthy lifestyle tips and inspiring stories. Sign up at [www.county.org/HCMonthly](http://www.county.org/HCMonthly).

