



# WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

JANUARY 2024

# Happy New Year



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## Understand Your Benefits: Blue Access for Members

It's another new year, another chance to start fresh. But if grand New Year's resolutions aren't your style, there is one easy way to keep on top of your health: brush up on the benefits that come with your health plan. It's a simple way to pay more attention to your health.



Getting started is easy. You can check out the basics by logging into your secure member account, [Blue Access for Members](#)<sup>SM</sup>\* on your computer or with the BCBSTX mobile app.

### Connect on the Go

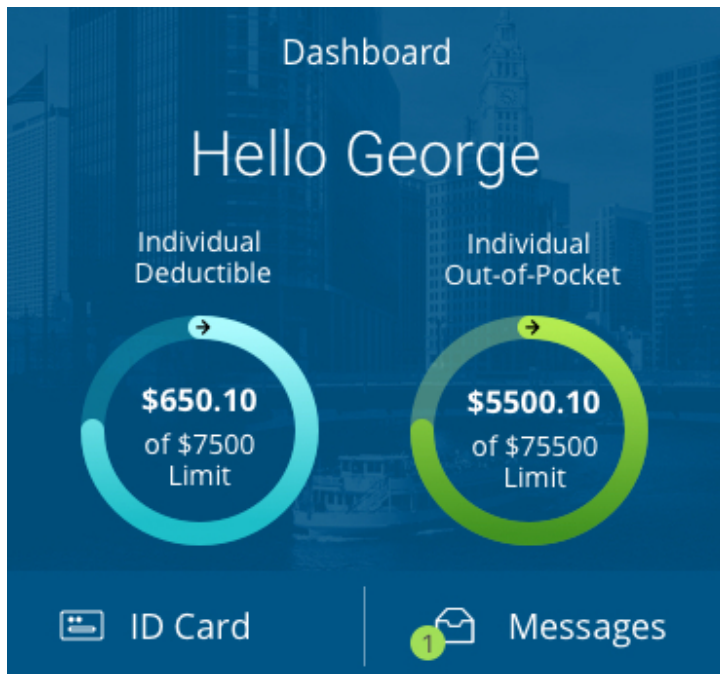
Want access to your benefits information anytime, anywhere? The free BCBSTX mobile app is available in English and Spanish from the [Apple App Store](#) or [Google Play](#). From the BCBSTX app, you can register for and log in to your BAM account.

You can use the app to:

- See your claims coverage and deductible information.
- Access a temporary digital member ID card.
- Find an in-network doctor, hospital or urgent care facility.
- What portions of your annual deductible and out-of-pocket maximum you have remaining.

<https://connect.bcbstx.com/understanding-benefits/b/weblog/posts/jumpstart-self-care>





Cost Estimator >



## Claim Detail

George Smith • Aug 6, 2016

Corner Pharmacy  
**Status: Paid**

Claim #: 1234568712364

Claim Type: Prescription Drug

|                           |                 |
|---------------------------|-----------------|
| <b>Amount You May Owe</b> | <b>\$26.25</b>  |
| In Network Discount       | \$100.00        |
| Paid By [Health Plan]     | \$150.23        |
| Paid By Another Source    | \$8.00          |
| <b>Claim Total</b>        | <b>\$258.23</b> |

### Wellness

The Wellness section includes wellness guidelines that offer recommendations for adult, perinatal and children's screenings and immunizations. The section also includes a list of covered preventive services and other benefits you may have.

Getting to know more about your health benefits will help you make better choices and give you peace of mind throughout the year. The more you know, the better you can look after your health. To access *Well on Target*, log in to [Blue Access for Members](#). If this is your first time logging in, you will need to register your account.

### Take Advantage of Your Preventive Services

When it comes to taking care of your health, it's good to have a plan. And the beginning of the year is a good time to plan the next 12 months.

Start by scheduling a yearly exam. That's the time to talk to your doctor about your total health, your risk factors and your family medical history. Those things determine what health screenings you need each year.

Health screenings can help spot a problem before it becomes a serious health issue. Preventive screenings are a big part of fighting disease. Many long-term illnesses can be prevented or managed better when found early.

Your benefits include some preventive services for you when you see a doctor in your health plan's network.

Services include certain screenings, vaccines and other types of care. To find out more, log in to [Blue Access for Members](#) and go to the Wellness section.

# Account Statements Going Green

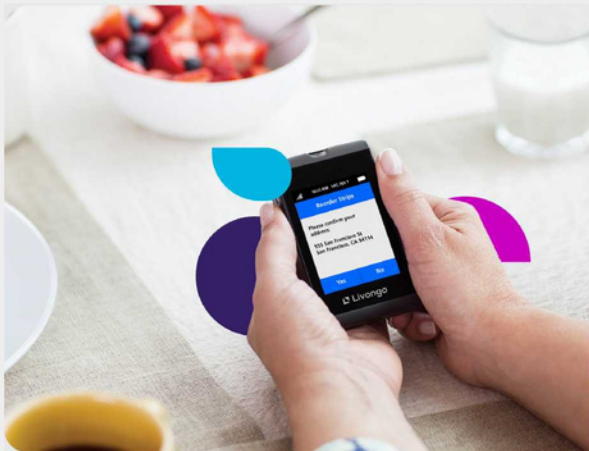


Your 2023 Member Account Statement will be posted in [MyTMRS](#) in March 2024. Statements will only be sent electronically, unless you opt into receiving a paper statement. Make sure you know your [MyTMRS](#) username and password so you can login quickly and easily in March. For assistance with [MyTMRS](#) call the Member Service Center at 800-924-8677.

## Teladoc Health



### 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.

**Must be enrolled in the City's Health Plan & qualify for program.**

**Call 800-835-2362**

Visit

[TeladocHealth.com/Register/BCBSTX-HEALTH](https://TeladocHealth.com/Register/BCBSTX-HEALTH)





## What is Wondr?

No points, plans, or counting calories.

Forget eating kale salads 24/7; Wondr is a skills-based digital weight loss program that teaches you how to enjoy the foods you love to improve your overall health. Our behavioral science based program was created by a team of doctors and clinicians (which is why we left out the "e" in Wondr) and is clinically-proven for lasting results.

\*All employees, spouses and dependents age 18 and over are eligible to apply to the program if enrolled in the City's health plan.

Questions? Visit: [support.wondrhealth.com](http://support.wondrhealth.com)

## What to expect



Learn more or apply at [wondrhealth.com/Bryan](http://wondrhealth.com/Bryan).



There is a **Welcome Kit** with resources to motivate you and kickstart your program.



**Sign in online or on our mobile app** (available on App Store and Google Play) to access weekly video lessons and our mindful eating tools.



**Watch our weekly master classes.** On your start date, you can sign in to view your Week 1 videos and start your journey to better overall health.



**Learn life-changing skills during the program's first phase—WondrSkills™**, then move to the skill reinforcement phase—WondrUp™, and keep the momentum going in the skill maintenance phase—WondrLast™.

THE CONTRIBUTION  
KEY  
COACHING THAT EMPOWERS YOU

# Caregiver Support Class

Thursday Jan 11, 2024  
10am @ MOB Basement

Helping others navigate their caregiving journey can reduce stress and provide emotional benefits

Register in LMS by clicking [here](#).



TEXAS A&M  
AGRI LIFE  
EXTENSION

## STRESS LESS: MIND MATTERS

- Explore how stress affects our mental and emotional health.
- Learn about good stress and bad stress and how it changes a person.
- Learn how to reframe your own thinking about stress.

Friday January 26, 2024  
10am @ MOB Basement  
Register in LMS [here](#)



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)  
Friday 7:30 am-3:00pm (open Noon-1pm)

Saturday 8 am-Noon (minor acute illnesses only-telehealth for appt.)

(Saturday Clinic open September - April during peak season)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email: [CityofBryanHealthest-joseph.org](mailto:CityofBryanHealthest-joseph.org)

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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Risk Management Generalist  
979-209-5054  
[dgarcia@bryantx.gov](mailto:dgarcia@bryantx.gov)