



The University of Texas System



LIVING WELL

MAKE IT A PRIORITY.



Living Well | 2024-2025

The UT System Living Well program offers several resources and programs to support employees, retirees, and their family members with UT SELECT™ or UT CARE™ medical insurance in leading happier, healthier lives. **This includes resources for physical, mental and emotional well-being.** Take charge of your health today!

24/7 NURSELINE

With our Health Advocacy Solution, you'll still have access to a nurse 24/7. Get answers to your health care questions, information about major medical issues, chronic illness and lifestyle change support by calling BCBSTX at

(866) 882-2034

Stress Less

LEARN TO LIVE

Based on the proven principles of Cognitive Behavioral Therapy
utbenefits.link/L2L

Learn to Live (L2L) is a behavioral health digital platform available to UT SELECT™ members which offers condition-specific programs, each delivered in a user-paced multimedia experience. Services are also available on demand with the options for one-to-one clinician coaching services. Enrollment available via Blue Access for Members.

LIVING WELL PLATFORM

Register for Limeade ONE

Our well-being and engagement program designed to help you live your best life. Achieve your physical, emotional, financial, and work well-being goals with personalized activities. When you participate in activities, you'll earn points toward recognition all while achieving your best self.

Visit ut.limeade.com to register, then download the *Limeade ONE* app to check in on your progress on the go!



Be Active

Blue365® Member Discount Program

Blue Cross and Blue Shield of Texas (BCBSTX) health plan members have access to Blue365, an online destination for health-focused discounts. With discounts on health-related products, along with discounts on health and fitness clubs, weight-loss programs and so much more, you can decide what choices are right for you while saving money.

Fitness Discount Program

UT SELECT™ offers a fitness program through BCBSTX. This program has discounts to several gyms throughout the state. For more information, log on to Blue Access for Members, and select the icon for the Fitness Program.

Silver Sneakers for UT CARE Members

utbenefits.link/SilverSneakers

Silver Sneakers provides access to local fitness facilities for retirees and their spouses (age 50+). This program helps retirees take greater control of their health through physical activity, education and social interaction.

Wellness Challenges

Available on the Living Well Platform during spring and fall, the system-wide wellness challenges are an opportunity to team up with your colleagues and family members (covered dependents 18+ years old) to work towards health goals, build camaraderie, and be part of a long-standing tradition by earning the coveted Traveling Trophy.

Be Healthy

Health Advocacy Solutions (HAS)

utbenefits.link/ValueAdded

All UT SELECT™ medical plan members have access to a health advocate through the Health Advocacy Solution. Health advocates can assist with questions about your benefits and help manage complicated or chronic conditions, such as coronary artery disease, asthma, and diabetes.

Tobacco Cessation Resources

utbenefits.link/QuitTobacco

The UT SELECT™ medical plan offers members a variety of tobacco cessation resources at no out-of-pocket cost. These resources include professional counseling and pharmaceutical therapy.

Specialized Pharmacists

If you take medications to treat high cholesterol, diabetes, or one of several other conditions, specialist pharmacists can answer your questions and offer improvements in the quality and affordability of your pharmacy care. **Learn more: (800) 818-0155.**

**LIVING WELL OFFERS
RESOURCES TO IMPROVE YOUR
HEALTH AND WELL-BEING.**

Wellness Programs



Weight Management and a Healthy Lifestyle

Wondr is a weight loss program that is clinically proven to help you lose weight, sleep better, stress less, and so much more. We'll teach you simple skills that are based on behavioral science, so you can enjoy your favorite foods and feel better than ever—at **no cost to you**.



Virtual Visits for Physical and Mental Health

Care when and where you need it, at **no cost to you**. Physicians with expertise in primary care, pediatrics, and more. Treatment for many non-emergency medical conditions, including colds and flu, fever (age 3+), sinus infections, ear problems (age 12+), and allergies. Behavioral health services (by appointment and with video connection only).



Fix Pain Fast!

Airrosti providers are experts at diagnosing and rapidly resolving the source of your injury. Visits are available for the same copay as physical therapy. In addition, members have access to the complimentary Virtual Injury & Pain (VIP) chat with a provider.



Fertility, Pregnancy, Menopause & Parenting Apps

Ovia Health provides maternity and family apps to support you through your entire parenthood journey. These apps are included in your health plan benefits, offered through Blue Cross and Blue Shield of Texas (BCBSTX).

Ovia Health also provides personalized LGBTQ+ support throughout the entire family building journey, including specialized resources.



Living Well

utbenefits.link/LivingWell