



THE UNIVERSITY of TEXAS SYSTEM

LIVING WELL

BENEFITS 2021 | 2022

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

Our programs include

EMPLOYEE ASSISTANCE PROGRAM

The Employee Assistance Program (EAP) can help you resolve problems that affect your personal life or job performance. EAP provides behavioral health expertise, promotes wellness, and develops solutions to life's challenges.

EAP does this by providing brief counseling and consultation services, crisis intervention, assessment and referral, and more. Many EAPs also provide educational and training programs and supervisory consultation.

LIVING WELL. MAKE IT A PRIORITY.

LIVING WELL OFFERS YOU RESOURCES TO IMPROVE YOUR HEALTH.

BE ACTIVE

PHYSICAL ACTIVITY CHALLENGES

Team up with your colleagues for the physical activity and wellness challenges. You'll receive a weekly goal and can work with your co-workers and family members (covered dependents 18+ years old) towards better health and earning your institution the coveted traveling trophy.

FITNESS DISCOUNT PROGRAM

UT SELECT and UT CONNECT offer 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 RETIREES

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.

STRESS LESS

CENTERED APP

The Centered app (for iPhone) by BCBSTX is designed to reduce stress by helping users add mindful activity to their daily routines. Through the app, you can set goals for mindful minutes, choose from a variety of guided activities and track how your mood is impacted by meditation and activity.

ONLINE WELLNESS PROGRAMS

 **wondr HEALTH**™ | FORMERLY NATURALLY SLIM
weight management and a healthy lifestyle

 **omada**
weight management and a healthy lifestyle

 **Hinge Health**
reduce chronic pain

 **Livongo**
diabetes and hypertension management

 **oviahealth**™
fertility, pregnancy, and parenting apps

 **MDLIVE**
virtual visits for physical and mental health



BE HEALTHY

HEALTH ADVOCACY SOLUTIONS (HAS)

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

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.**

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**

Find additional programs and resources at your UT institution by visiting www.livingwell.utsystem.edu