

UT Benefits

The University of Texas System



LIVING WELL

MAKE IT A PRIORITY.

2026 - 2027



Stress Less

LIVING WELL PLATFORM

Register for the new wellness platform

NEW! Meet the enhanced UT Living Well platform, powered by WebMD ONE. This upgraded experience offers personalized tools, resources, and support designed to help you focus on—and achieve—the well-being goals that matter most to you. Registration begins September 1

Visit webmdhealth.com/UTS to register, then download the WebMD ONE app to check in on your progress on the go!



LEARN TO LIVE

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

Learn to Live (L2L) is a digital behavioral health platform available to UT SELECT™ members. It provides condition-specific programs designed to support mental health and well-being through a user-paced, multimedia experience. In addition to self-guided programs, members have access to on-demand services, including optional one-on-one coaching with licensed clinicians.

Enrollment is available through **Blue Access for Members (BAM)**.

Living Well | 2026-2027

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

Call the 24-hour nurseline seven days a week to speak with a registered nurse when you or a family member has a health problem or question.

(888) 315-9473

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

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.

UT SELECT Concierge

As a special benefit, you have access to a UT SELECT Concierge — at no added cost to you.

UT SELECT Concierges can:

- Guide you through a **new diagnosis**
- **Find a doctor or specialist** and get you an appointment
- **Connect with mental health experts** to manage stress, depression, substance misuse or other mental health issues
- Answer benefit questions or **solve a problem with a claim or a bill**

24/7

**UT SELECT
Concierge at
866-882-2034**

**FIND DOCTORS &
BOOK APPOINTMENTS**



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.

**UT SELECT offers benefits for fertility benefits through Progyny, go to utbenefits.link/ValueAdded to learn more.*



Find a Therapist In-Network

Headway is the easy, affordable way to find a therapist in network. Access a national database of mental health providers who accept your UT SELECT insurance and can get you the support you need.

Visit <https://care.headway.co/groups/utselect> to find the right fit to your needs and preferences.



Living Well
utbenefits.link/LivingWell