



Living Well Program 2018 | 2019

Condition and Lifestyle Management Program

If you have a chronic condition, you don't have to manage it alone. Now you can find personalized help and support with the UT SELECT Condition Management Program for UT SELECT members. Whether you have diabetes, asthma, high blood pressure, or another chronic disease, the Condition Management Program available through BCBSTX can help. To learn more about this voluntary health improvement program, call **1-800-462-3275**.

24/7 Nurseline

Get answers to your health care questions with the BCBSTX 24/7 Nurseline. Experienced registered nurses are available 24/7 to help you with questions you have about major medical issues, chronic illness, and lifestyle changes. Call toll-free: **1-888-315-9473**.



Reimbursement for Exercise Expenses

Individuals with medical conditions that can be improved by physical activity (such as diabetes, hypertension, depression, and more) are able to receive reimbursement from their healthcare flexible spending account to pay for some exercise programs or equipment. **A Letter of Medical Necessity is required for all exercise referrals.**



Wellness. Find Your Way.

The UT System Living Well program provides a variety of resources to enable employees, retirees, and dependents of the UT SELECT medical plan to take charge of their health and develop their own personal wellness program. Our mission is to improve the health and well-being of Texans through achieving optimal performance level of University of Texas System employees, retirees and dependents health at all Institutions.

Find Us Online

For more information about our programs, tools, and resources, visit us online at www.livingwell.utsystem.edu.

Look for and read the latest Living Well Tip of the Week and Office of Employee Benefits A Matter of Health email newsletters.



facebook.com/UTBenefits



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Onsite Health Checkups

This checkup, similar to what you might receive at your doctor's office, is designed to identify issues that may affect your health and help you get them under control before they become serious. Participating institutions will be communicating the dates via email and posters.

The onsite free health checkups include:

- Quick health evaluation
- Lab-accurate finger-stick blood test, blood pressure, and body composition
- Printed personal health report summarizing your checkup results
- Private health consultation with a licensed nurse practitioner

Onsite Flu Shots

No one likes getting the flu. But the risks of complications – especially for the very young, senior citizens, or those with other health conditions – can turn an annoying illness into a life-threatening event. Flu shots may be available at your institution at no cost to you. Details will be sent via email and our “A Matter of Health” newsletter during September/October.

HEALTH & WELLNESS PROGRAMS AVAILABLE AT YOUR UT INSTITUTION

Learn more about programs and services available at your institutions.

Find your local Institution's program at: www.livingwell.utsystem.edu



UT System Challenges

Team up with your institution for our annual Spring and Fall activity challenges. You'll receive a weekly goal and can work with colleagues towards earning your institution the coveted Traveling Trophy.



Silver Sneakers is a program offered to retirees and their spouses (age 50+), providing access to local fitness facilities.

natura)(ySlim®

Naturally Slim is an online program that helps you lose weight, plus improve your overall health -- all while eating the foods you love. With Naturally Slim, you'll learn that you don't have to starve yourself or count calories to be healthy, lose weight and keep it off forever.



February is American Heart Month. At 10am on February 8, 2019, each of our UT System institutions will gather for the fourth annual 10 at 10 Heart Walk. We will walk together for 10 minutes to celebrate and create heart health awareness.

SHARE YOUR HEALTH & WELLNESS STORY

Be a resource and inspiration to help others improve their health!

Do you have a story to share? We want to hear it!

LEARN MORE ABOUT THESE PROGRAMS AT

www.livingwell.utsystem.edu



Employee Assistance Program (EAP)

The Employee Assistance Program is available to help you and your dependents with life's concerns. EAP is a benefit of your employment that provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance.

Specialist Pharmacists

If you have been diagnosed with high cholesterol, diabetes, or any other condition, pharmacist specialists can offer improvements in the quality and affordability of your pharmacy care. The Express-Scripts Therapeutic Resource Center can provide you with vital information about your condition and treatment, including potential risk factors and side-effects of medications. Learn more by calling 1-800-818-0155.

Tobacco Cessation

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.