



THE UNIVERSITY of TEXAS SYSTEM
OFFICE OF EMPLOYEE SERVICES

Wellness - Quick Reference Fact Sheet

Ballet Austin – Butler Community School – **FREE** fitness classes for you, 70+ classes, 7 days/week, morning, noon and night. These are *not pink tutu classes!* Class formats focus on strength, balance and flexibility and developed with Pilates foundation. Non-dance and dance formats offered. Conveniently located at 501 W 3rd Street – a 7 minute walk from ASH! Check the schedule: http://www.balletaustin.org/community/sch_open.php and show your badge at Ballet Austin's front desk, then head to class!

Biometric screenings and flu shots - provided by Catapult Health. Services offered annually for UT SELECT Medical members. Non-UT SELECT Medical members are eligible for flu shots only.

BlueCrossBlueShield - Offers **blueaccess** your online resource for information about your medical claims, print copies of your ID card, cost estimator tool, research health and wellness topics, and search for hospitals and doctors' offices. Use **blueaccess** to learn more about the **24/7 Nurseline** (888) 747-9473, **Special Beginnings** for expecting families, **Be Smart. Be Well.** to stay informed with newsletters about issues that can affect you and your family, **Well onTarget** to find discounted gyms near you, **Care onTarget** to learn about health conditions you have or are at risk for, and **Connect** an online community to share information and knowledge about healthy living and more. **Blue Value Advisor** helps to lower your out-of-pocket costs, just call the number on your ID card! **Condition and Lifestyle Management Program** for personalized guidance to improve diabetes, asthma, high blood pressure and another chronic disease.

Blue365 Member Discount Program → Member Advantages → Discounts → Visit Blue365
Visit <http://www.bcbstx.com/ut> to register or login!

EAP – Employee assistance program offered at UT Austin. Six visits/year. Schedule an appointment in the Stress Reduction and Biofeedback center and relax in the Zero-gravity recliner, analyze your breathing pattern and utilize instructional tracks about breathing, muscle relaxation, meditation and more! <http://www.utexas.edu/hr/eap/>

F.I.T (Fitness Institute of Texas) – As part of the College of Education at UT Austin, visit FIT to test your body composition, fitness levels, join weight loss classes and meet with a nutritionist.
<http://www.edb.utexas.edu/education/departments/khe/aflprogs/fit/>

LifeCare – Home to our **DISCOUNT** program! Our wellness resource to help save time and money by matching you with quality providers for your everyday needs. Register for LifeCare to find connections to child care, elder care, legal and financial advice, workshops, webinars and access LifeMart discounts.
Visit <http://member.lifecare.com> to create your account →

Registration code: UTSYSTEM **Member ID:** Employee ID (EID), your PeopleSoft 10 digit number
Find your EID: Visit UT4U (www.utsystem.edu/ut4u) and click the PeopleSoft tab, select the *How Do I Find My Empl ID?*

PayFlex – Physician Exercise Referral – individuals with conditions the can be improved by physical activity are eligible to receive reimbursement from their flexible spending account to pay for some exercise programs/equipment with a Letter of Medical Necessity. <http://www.utsystem.edu/offices/employee-benefits/physician-exercise-referral>

Wellness Leave INT 167 – 30 minutes 3x/week for physical activity
Details here: <http://www.utsystem.edu/bor/procedures/policy/policies/int167.pdf>

Additional programs:

Seasonal wellness challenges, programs and activities! Keep current by reading your monthly Wellness newsletter! 😊