BENEFITS 2022 | 2023

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 well-being. Take charge of your health today!

Our programs include a robust list of resources to meet every one of your needs.

NEW! THE UT LIVING WELL PLATFORM POWERED BY LIMEADE

The new Living Well platform is 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!

The UT Living Well platform powered by Limeade is available to UT SELECT™ and UT CONNECT members (employees, retirees, and dependents) ages 18+

STRESS LESS

LEARN TO LIVE
Based on the proven principles of Cognitive Behavioral Therapy

Learn to Live (L2L) is a behavioral health digital platform available to UT SELECT™ and UT CONNECT 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.

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.