

Living Well Program

2019 | 2020

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.



REIMBURSEMENT FOR EXERCISE EXPENSES

Individuals with medical conditions that can be improved by physical activity 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.

Living Well offers you resources to improve your health.

ONSITE FLU SHOTS

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 or October.

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.

NATURALLY SLIM

Naturally Slim is an online program that helps you lose weight and 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.

FINANCIAL WELLNESS

UT System provides many resources to help you learn about personal finances and how to plan for your retirement. We've partnered with five of the leading investment companies in the nation to provide representatives on your campuses to help you as you consider your future financial health.

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.**

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.

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.

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.

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.

ONSITE WELLNESS PROGRAMS

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

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

