

Living Well

MAKE IT A PRIORITY.

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.

LIVING WELL. MAKE IT A PRIORITY.

LIVING WELL OFFERS RESOURCES TO IMPROVE YOUR HEALTH AND WELL-BEING.

BE ACTIVE

WELLNESS 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.

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.

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.

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**

ONLINE WELLNESS PROGRAMS



weight management and a healthy lifestyle



weight management and a healthy lifestyle



reduce chronic pain



diabetes and hypertension management



fertility, pregnancy, and parenting apps



virtual visits for physical and mental health



BE HEALTHY

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.

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.**

Find additional programs and resources at your UT institution by visiting www.livingwell.utsystem.edu or via the UT Living Well Platform powered by Limeade