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# COLLIN COLLEGE

## MEDICAL AND MENTAL HEALTH WELLNESS RESOURCES

10/25/2024



# RESOURCES

## Medical Health and Wellness:

- ERS
- BCBSTX
- Collin College Wellness Program
- TimelyCare: Part-Time and Full-Time not enrolled in medical



## Mental Health:

- AllOne Health Employee Assistance Program
- BCBSTX
- TimelyCare: Part-Time and Full-Time not enrolled in medical



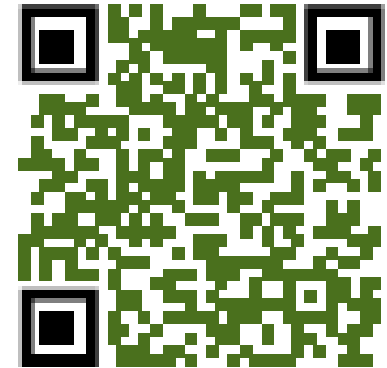


# **Medical Health and Wellness Resources**

# Buena Vida

Program for HealthSelect and Consumer Directed HealthSelect 18 and older members and dependents to stay focused on improving your own self-care. It makes it easier to achieve better well-being, at your pace.

- Health Assessment – personalized health report and recommendations
- Track your progress – use Daily Habits tool for day-to-day support
- Collect Buena Vida Bucks – earn rewards for working toward well-being
  - Health Assessment, Annual Physical & Download the Wellness At Your Side App
  - Sample rewards to spend Buena Vida Bucks on:
    - ✓ Nike hat
    - ✓ Stanley Tumbler
    - ✓ KitchenAid Blender
    - ✓ Fitbit Inspire 3
- Explore content – enjoy exercise videos, healthy recipes and more
- Sync up – visit the Device and App Connection Center to track and upload activity with a fitness device or app
- [www.BuenaVidaers.com](http://www.BuenaVidaers.com)



## Fitness Programs

Flexible membership program for HealthSelect and Consumer Directed HealthSelect covered employees and dependents (age 16 and older) with unlimited access to a nationwide network of facilities

- Cost of members – one time \$19 initiation fee

GYM PLANS:	BASE	CORE	POWER	ELITE
Per month rate:	\$19	\$29	\$39	\$129
Unlimited Access to Base Gyms	✓	✓	✓	✓
Unlimited Access to Core & Base Gyms		✓	✓	✓
Unlimited Access to Power, Core & Base Gyms			✓	✓
Select Access to Elite Gyms and Unlimited Access to Power, Core & Base Gyms				✓

- Digital only option: \$10 per month – workouts, wellness videos and nutrition tutorials
- Find participating gyms and sign into the Fitness Program through Blue Access for Members (BCBSTX)
- <https://healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program>



## Weight Management Solutions

Provides a weight management program at no additional cost to HealthSelect and Consumer Directed HealthSelect members and dependents 18 older with a BMI of 23 or higher.

### Wondr

- Watch videos each week when it is convenient for you
- Connect with your health coach whenever you need to
- Learn skills that will help lose weight and improve your health while eating your favorite foods

### Real Appeal

- Prefer to learn with an online community of participants who meet at the same time weekly with a coach
- Option to chat as needed with your coach and other participants
- Willing to stop eating some of the unhealthy foods you enjoy while tracking your food consumption and exercise

<https://healthselect.bcbstx.com/condition-management/weight-lifestyle-management-programs>



## Other Wellness Programs

Programs provided to HealthSelect and Consumer Directed HealthSelect members.

### Tobacco Cessation

- Live Tobacco Free Austin
- Texas Tobacco Prevention and Control Program
- Smokefree.gov
- Kicking the Habit presentation

<https://healthselect.bcbstx.com/condition-management/tobacco-cessation>

### Maternity Wellness

- Preventative care with your medical benefits
- Lactation support and counseling sessions for female participants in conjunction with childbirth
- Benefits for the purchase or rental of manual or electric breast pumps, accessories and supplies

<https://healthselect.bcbstx.com/medical-benefits/maternity-wellness>



## Discount and Incentive Programs

### Blue365

Provides savings to HealthSelect and Consumer Directed HealthSelect members on health and wellness products.

- Eyeglasses, contact lenses and accessories
- Laser vision correction
- Hearing tests, evaluations and hearing aids
- Weight management solutions
- Healthy meal deals
- Discounts on fitness brands, wearables and more
- <https://www.blue365deals.com/BCBSTX/>

### ShoppERS

Incentive program that allows HealthSelect and Consumer Directed HealthSelect members to save money and earn rewards in a TexFlex health care flexible savings account when shopping for certain medical services and procedures.

- Compare costs, estimate out-of-pocket costs
- Earn up to \$500 to be deposited in your FSA or Limited FSA will be opened if you have an HSA.
- <https://healthselect.bcbstx.com/medical-benefits/healthselectshoppers>





## Condition Management Programs

Blue Cross Blue Shield of Texas is offering Condition Management programs for HealthSelect and Consumer Directed HealthSelect members.

### Program Highlights

- **Hello Heart** focuses only on heart health with an aim to prevent or decrease the development or advancement of heart disease and other cardiovascular conditions. It includes a free Hello Heart blood pressure monitor that pairs directly with your smartphone. When you build a habit of monitoring blood pressure and other parts of heart health, you can create lasting lifestyle changes.
- **Hinge Health** is a digital musculoskeletal (MSK) care program led by a physical therapist. It gives you access to the Hinge Health mobile app and a care team including a board-certified health coach and physical therapist. This digital program is focused on exercise therapy designed to address a wide range of MSK conditions. It is available anywhere and at any time.
- **Learn to Live** is an online, on-demand mental health program that you can do at your own pace. It is grounded in cognitive behavioral therapy. This style of therapy focuses on thoughts and actions and how adjusting those can positively impact your state of mind. Learn to Live provides online, coach-supported programs to help you overcome depression, insomnia, panic, stress, anxiety and worry, social anxiety and substance use.

## Medical Virtual Visits

Coverage for HealthSelect and Consumer Directed HealthSelect members and dependents for urgent health care needs.

- Access to licensed board-certified doctors 24/7, including weekends and holidays
- HealthSelect members covered at 100%
- Consumer Directed HealthSelect members must meet the annual deductible first then pay 20% coinsurance



[https://doctorondemand.com/?utm\\_source=enterprise&utm\\_medium=web&utm\\_campaign=erstx\\_learnmore%2F](https://doctorondemand.com/?utm_source=enterprise&utm_medium=web&utm_campaign=erstx_learnmore%2F)



[https://members.mdlive.com/healthselect/landing\\_home](https://members.mdlive.com/healthselect/landing_home)

## Catapult Health

Virtual checkup allows participants 18 and older to complete their annual checkup from the comfort of their home.

- Request a Home Kit and follow the directions, includes a video consultation with a nurse practitioner
- <https://healthselect.bcbstx.com/medical-benefits/catapult-health-virtualcheckup>



# **Mental Health Resources**



HAVE YOU EVER  
HAD ONE OF  
THOSE DAYS  
WHEN YOU FEEL  
LIKE THIS...

WE ARE HERE TO  
HELP CHANGE  
THAT!

# AllOne Health

# Employee Assistance Program

Provided to full-time employees and household members (automatically enrolled).

## Counseling

- Available 24/7: 1-888-993-7650
- Free, confidential short-term counseling available: **in person, telephonic, virtual**
- 8 visits per service type per fiscal year
- Stress, anxiety, depression, family and marital issues, substance abuse and more
- Teen Line

## Other Services

- <http://AllOneHealth.com/DeerOaks> (company code: collin)
- Website available for work/life balance topics through newsletters, articles, videos and webinars
- Financial and Legal Assistance
- Locating Childcare and Eldercare
- Estate Planning/Will Preparation Software
- Alternative Ride Reimbursement Program



## Mental Health IN PERSON Visits

Coverage for HealthSelect and Consumer Directed HealthSelect members and dependents for mental health needs.

### IN PERSON through BCBSTX:

- 24/7 Mental Health Line (800) 252-8039 (TTY:711)
  - If you or a covered dependent are in a crisis situation and need immediate help.
  - This line is also used for assistance in finding a provider  
[https://my.providerfinderonline.com/?ci=healthselectinarea&network\\_id=240000109&geo\\_location=33.1884,-96.5858&locale=en](https://my.providerfinderonline.com/?ci=healthselectinarea&network_id=240000109&geo_location=33.1884,-96.5858&locale=en)
- Contact your Primary Care Physician to see if they have suggested providers then check to see if they are in network
- <https://healthselect.bcbstx.com/medical-benefits/mental-health>

# Mental Health VIRTUAL Visits

Coverage for HealthSelect and Consumer Directed HealthSelect members and dependents for mental health needs.

## VIRTUAL VISITS through BCBSTX:

- Access to licensed mental health professionals. Appointments must be made in advance.
- HealthSelect members covered at 100%
- Consumer Directed HealthSelect members must meet the annual deductible first then pay 20% coinsurance
- <https://healthselect.bcbstx.com/medical-benefits/mental-health>



[https://doctorondemand.com/what-we-treat/mental-health/?utm\\_source=enterprise&utm\\_medium=web&utm\\_campaign=erstx\\_mentalhealth](https://doctorondemand.com/what-we-treat/mental-health/?utm_source=enterprise&utm_medium=web&utm_campaign=erstx_mentalhealth)

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[https://members.mdlive.com/healthselect/landing\\_home](https://members.mdlive.com/healthselect/landing_home)

## Learn to Live

Digital Mental Health Condition Management Program. Coverage for HealthSelect and Consumer Directed HealthSelect members and dependents 13 and older for mental health needs.

- Learn to Live is an online, on-demand mental health program that you can do at your own pace. It is grounded in cognitive behavioral therapy. This style of therapy focuses on thoughts and actions and how adjusting those can positively impact your state of mind.
- Learn to Live provides online, coach-supported programs to help you overcome depression, insomnia, panic, stress, anxiety and worry, social anxiety and substance use.
- <https://healthselect.bcbstx.com/condition-management/learn-to-live>







# **Medical and Mental Health Resources**


**Adjunct Faculty, Part-Time Staff, Students and Full-Time  
employees not enrolled in ERS medical insurance**

# TimelyCare

TimelyCare is a free virtual health and well-being platform available 24/7 for Adjunct Faculty, Part-Time Staff, Students and Full-Time employees not enrolled in ERS medical insurance through Collin College.

- **MedicalNow:** On-demand support for common health issues, including cold, flu, and allergies
- **TalkNow:** 24/7, on-demand emotional support to talk about any topic including anxiety, relationships, depression, and work-related stressors
- **Scheduled Medical:** Choose the day, time, and medical provider that best works for you
- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you
- **Health Coaching:** Develop healthy lifestyle behaviors for nutrition, sleep habits, time management, and mindfulness
- **Psychiatry:** Appointments are available through referrals
- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content
- **Basic Needs Support:** Access to free or reduced-cost community resources, including food and housing assistance, transit support, childcare, and finances
- OneLogin, Collin Everything Tab, click on TimelyCare Icon or [www.TimelyCare.com/collincollege](http://www.TimelyCare.com/collincollege)





# **Collin College Wellness Programs**

# Collin College Wellness360

Free wellness platform for Full-Time employees where you can access challenges, benefits information and resources.

- Explore on-demand content and journeys that align with wellness goals
  - Take an assessment to receive recommendations
  - Connect with colleagues and create wellness challenges
  - Wellness360 App available and ability to connect to a mobile device
  - <https://cougarweb.collin.edu/pages/wellness-platform>
- 
- Please email [TrainingAndDevelopment@Collin.edu](mailto:TrainingAndDevelopment@Collin.edu) with questions.



Additional Wellness classes and events for Full-Time and Part-Time employees can be found on the Training And Development Wellness Calendar on Cougarweb.

<https://cougarweb.collin.edu/pages/wellness-main-page>





WITH ALL OF  
THESE  
RESOURCES, WE  
WANT YOU  
FEELING LIKE  
THIS...

TAKE CARE OF  
YOURSELF!



**BENEFITS DEPARTMENT**

**BENEFITS@COLLIN.EDU**

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