

Collin College Medical and Mental Health Wellness Resources for Full-Time and Part-Time Employees

The following programs are for *Full-Time* employees enrolled in HealthSelect and Consumer Directed HealthSelect medical plans.

Medical Resources:

Buena Vida	Program for 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, through tracking your progress, videos and Buena Vida Bucks to earn rewards for gifts.	www.Buenavidaers.com
Fitness Program	Flexible membership for members and dependents (age 16 and older) with unlimited access to a nationwide network of facilities.	https://healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program
Weight Management	Provides a weight management program at no additional cost for members and dependents 18 older with a BMI of 23 or higher. Two programs: Wondr Real Appeal	https://healthselect.bcbstx.com/condition-management/weight-lifestyle-management-programs
Tobacco Cessation	Program to help tobacco cessation for members.	https://healthselect.bcbstx.com/condition-management/tobacco-cessation
Maternity Wellness	Preventative care, lactation support and benefits to purchase pumps and accessories for members.	https://healthselect.bcbstx.com/medical-benefits/maternity-wellness
Blue365 Discount Program	Provides savings to members on health and wellness products.	https://www.blue365deals.com/BCBSTX/
ShoppERS	Incentive program where you can earn up to \$500 when shopping for certain medical services and procedures.	https://healthselect.bcbstx.com/medical-benefits/healthselectshoppers
Condition Management Programs	Condition specific programs: Hello Heart Hinge Health Learn to Live	https://ers.texas.gov/news/new-healthselect-programs-coming-soon
Medical Virtual Appointments	Access to licensed board-certified doctors 24/7. Two programs: Doctor On Demand MDLIVE	https://healthselect.bcbstx.com/medical-benefits/virtual-visits
Medical Virtual Checkup	Virtual checkup allows participants 18 and older to complete their annual checkup from the comfort of their home through Catapult Health.	https://healthselect.bcbstx.com/medical-benefits/catapult-health-virtualcheckup

Mental Health Resources:

Mental Health IN PERSON Visits	In person visits for mental health needs for members and dependents	https://healthselect.bcbstx.com/medical-benefits/mental-health
Mental Health Virtual Visits	Virtual visits for mental health needs for members and dependents. Two programs: Doctor on Demand MDLIVE	https://healthselect.bcbstx.com/medical-benefits/mental-health
Learn To Live	Digital Mental Health online, coach supported Condition Management Program for members and dependents 13 and older.	https://healthselect.bcbstx.com/condition-management/learn-to-live

The following program is for all *Full-Time employees and their household members*. Enrollment in Collin College medical insurance through ERS is NOT required.

Mental Health Resources:

AllOne Health Employee Assistance Program	Free, confidential short-term counseling (up to 8 visits), website with work/life balance topics, financial and legal assistance, estate planning and more.	AllOneHealth.com/DeerOaks Toll-Free Helpline: 1-888-993-7650 Company Code: collin
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Wellness Resources:

Wellness360	Free wellness platform for employees where they can access challenges, on-demand content to align with wellness goals, benefits information, and resources.	https://cougarweb.collin.edu/pages/wellness-platform
Training and Development Wellness	Wellness calendar of classes and events across Collin College.	https://cougarweb.collin.edu/pages/wellness-main-page

The following resource is for *Adjunct Faculty and Part-Time Staff*.

Wellness Resources:

Training and Development Wellness	Wellness calendar of classes and events across Collin College.	https://cougarweb.collin.edu/pages/wellness-main-page
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