

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:

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| 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:

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| 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:

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

Wellness Resources:

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| 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:

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| 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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