

Making a Case for Wellness

Using 2019 HealthSelect of Texas and Consumer Directed
HealthSelect of Texas plan year Data

Presented by: Lacy Wolff, Health Promotion Administrator



What does your leadership care about?

**What is your organization's
mission statement?**



Performance



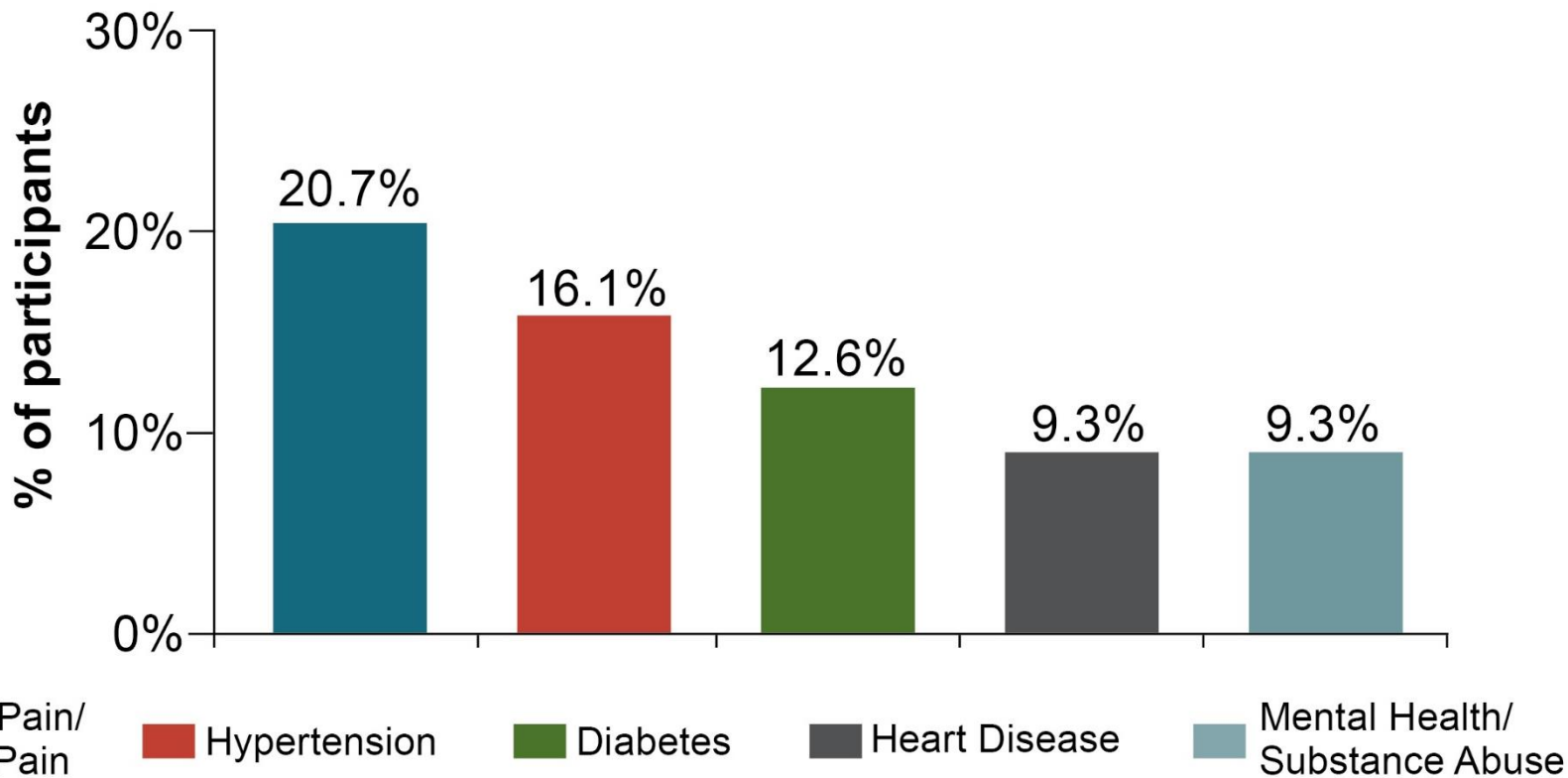
Quality of life



How do you connect wellness to
your mission?

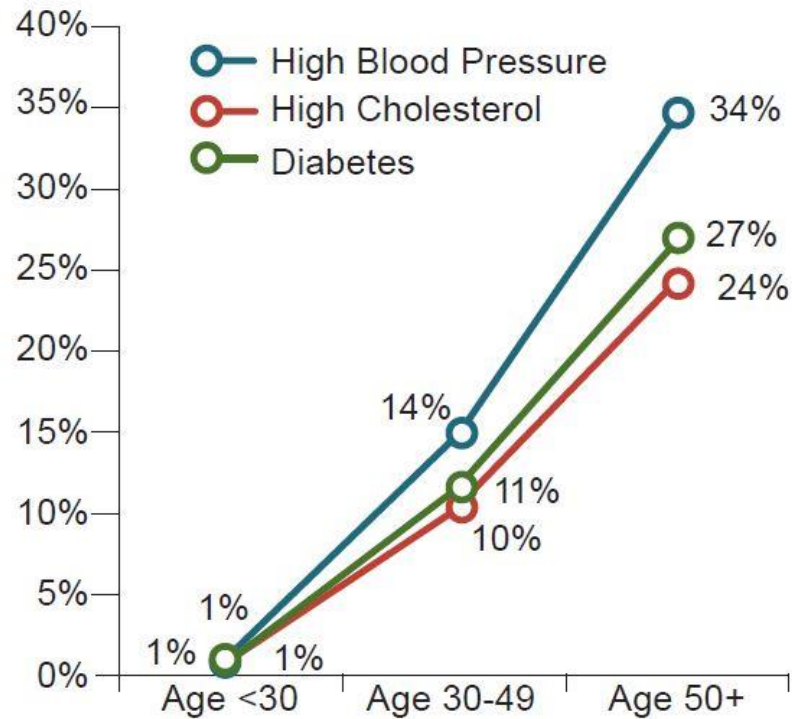


Prevalence of top 5 chronic medical conditions as a percentage of HealthSelect population

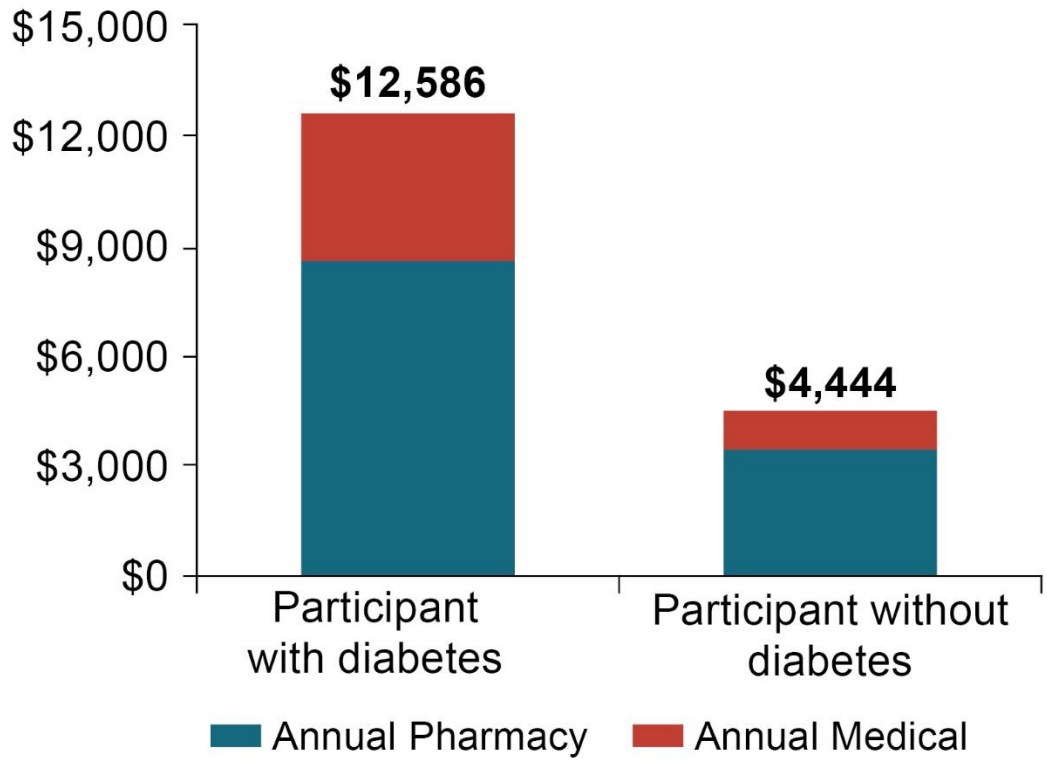


Percentage of HealthSelect population living with chronic conditions

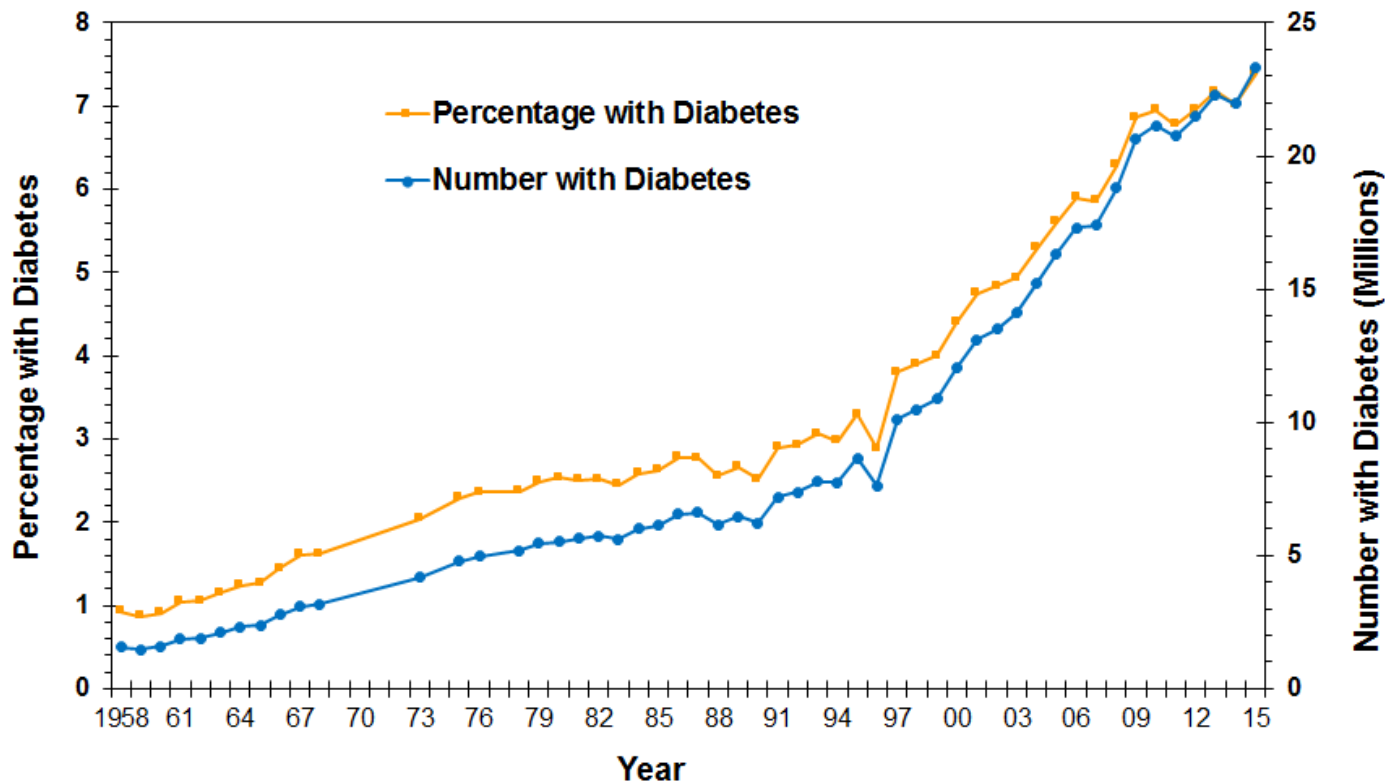
(Medicare population not included, FY18)



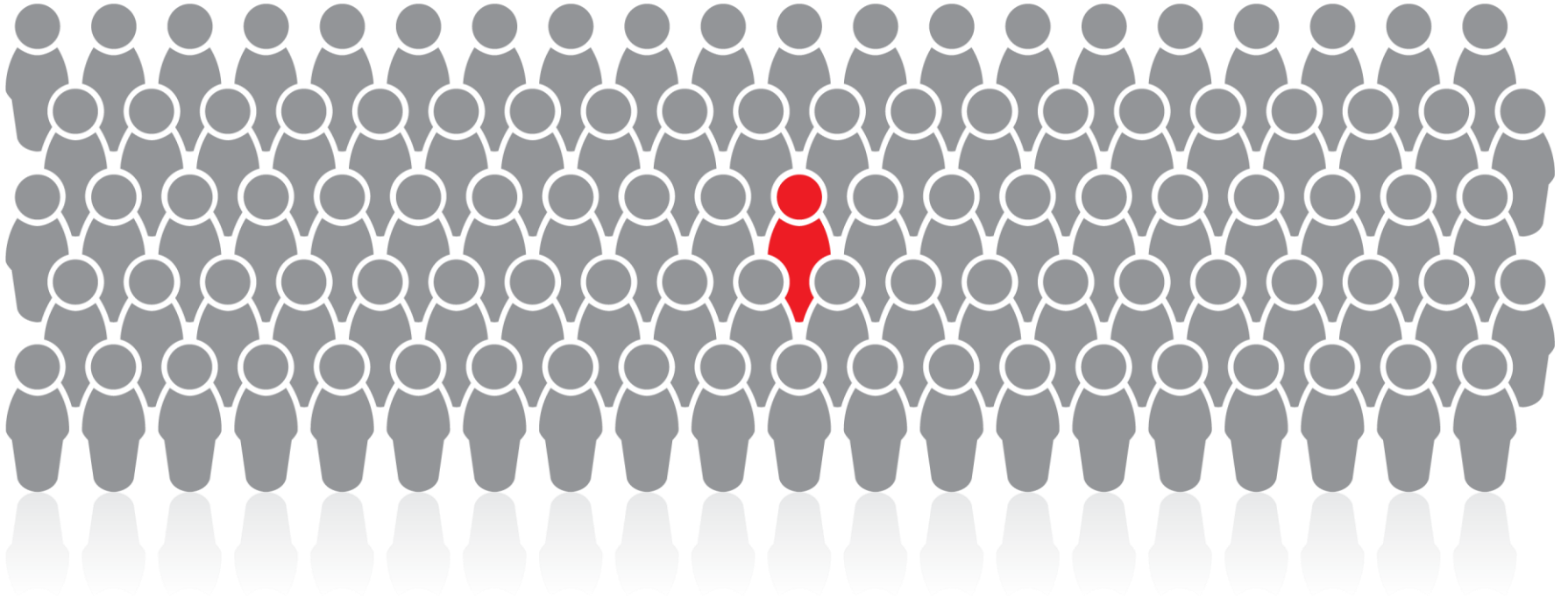
In FY18, HealthSelect spent an extra \$8,142 for a participant with diabetes, compared to a participant without diabetes



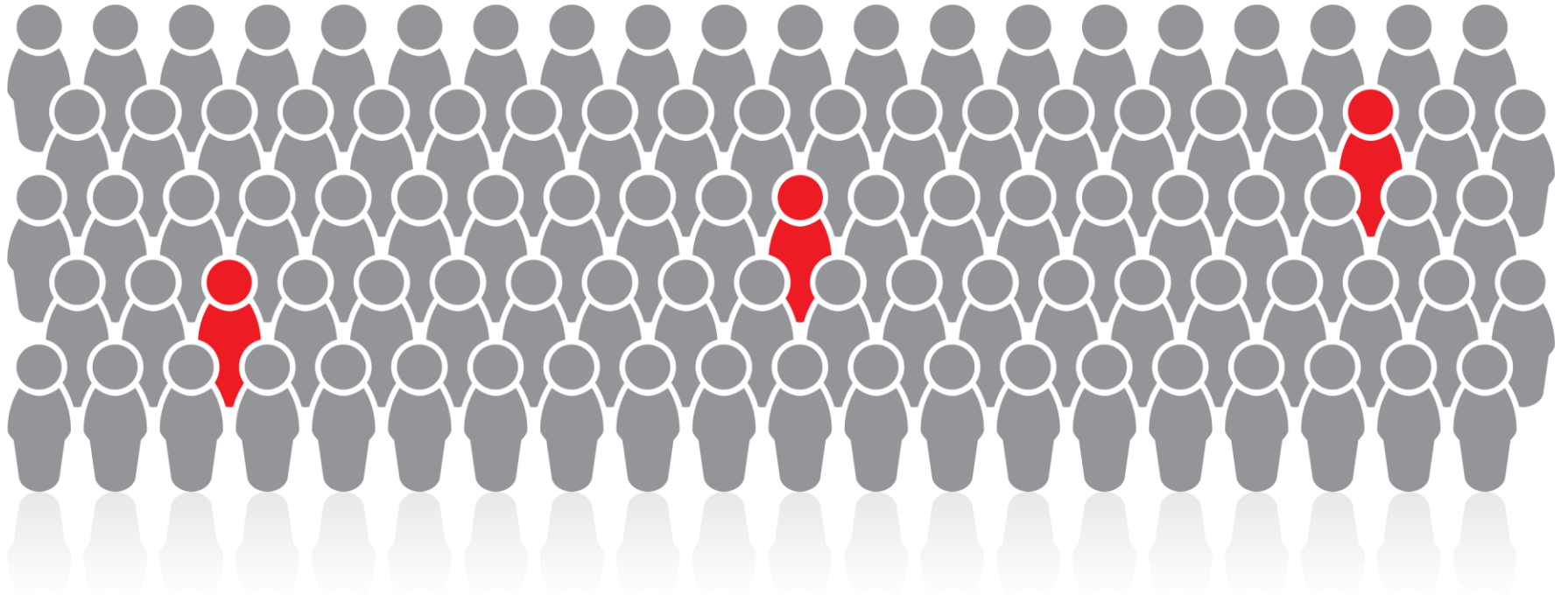
Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015



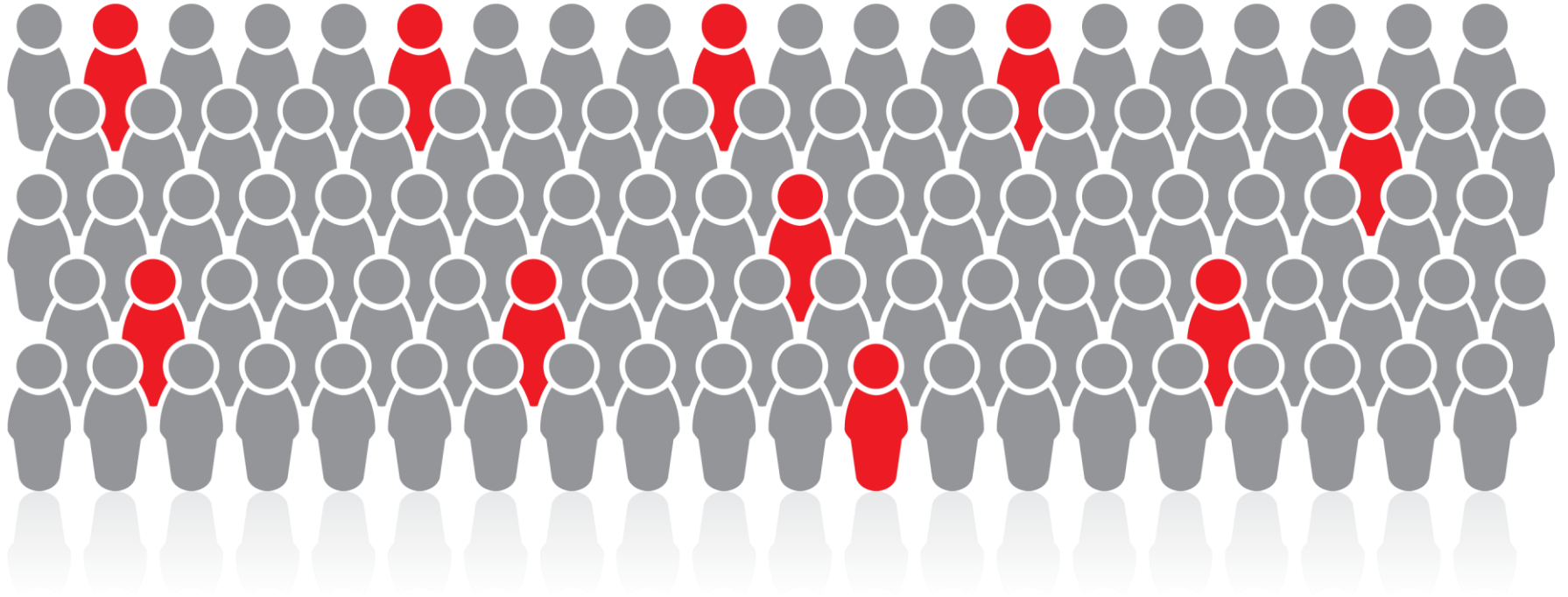
1960



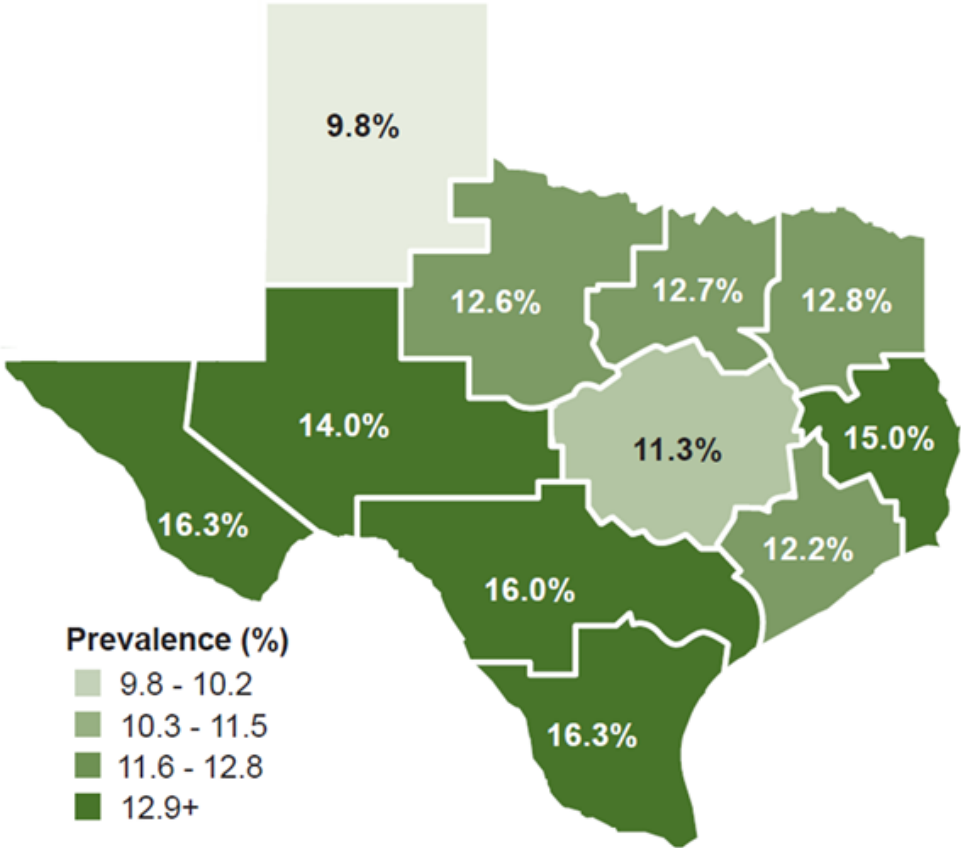
1995



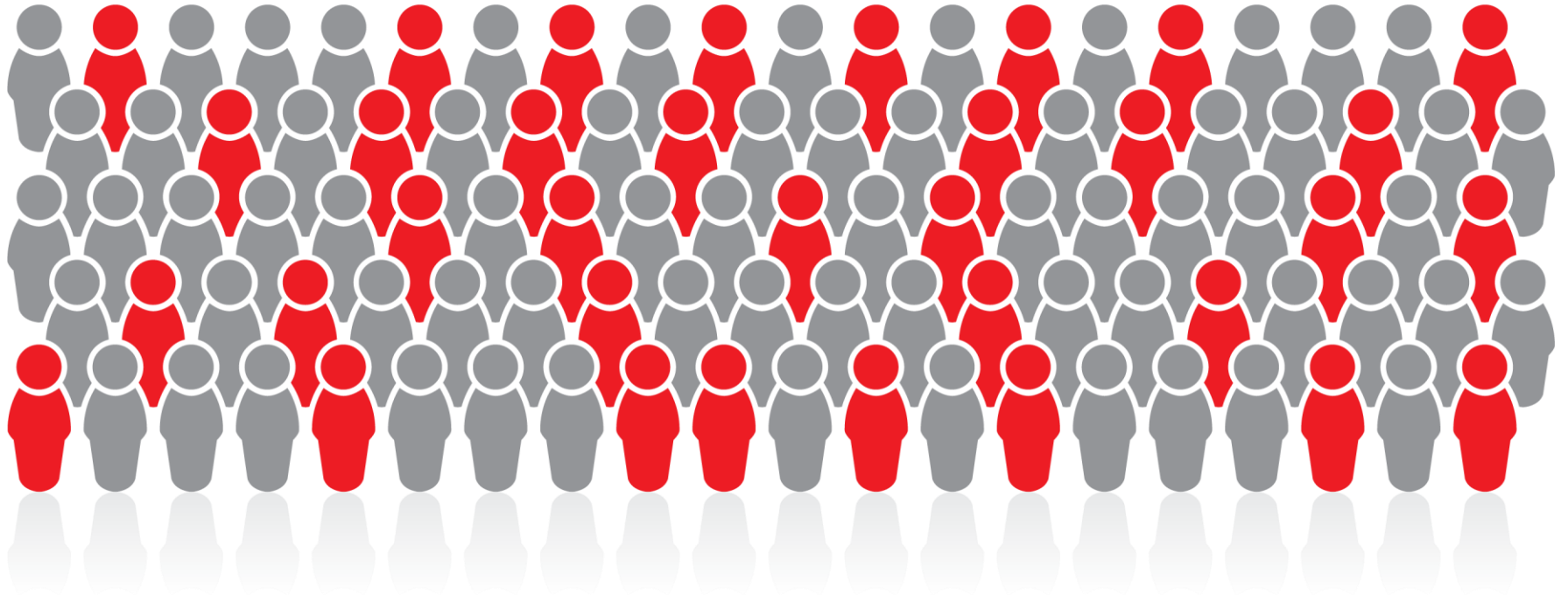
2018



Diabetes rates for HealthSelect Population



2050



What do you think are the top health issues in your organization?

What are you doing to address the top health concerns currently?

What do we do?



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In natura) (y slim[®]

Lifestyle modification



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Coordinator Resources](#)

HealthSelect

CONSUMER DIRECTED
HealthSelect

Resources for Benefits and Wellness Coordinators

How Blue Cross and Blue Shield of Texas (BCBSTX) will work with you

Your role as a benefits and/or wellness coordinator is important in helping participants understand not only their benefits, but the many programs available to them, often at no additional cost.

When looking for materials to share, this page is a great place to start. The resources here are designed to help you engage employees in their health and wellness. We will be in frequent communication, providing resources to help you communicate benefits to your employees and we're working to add new resources to this page as they become available. For a more complete listing of all materials available, also visit the [Publications and Forms page](#).

We'd love to know what you would find most helpful. Email BCBSTXSupport_ERSTeam@bcbstx.com with any ideas you'd like to share—we're always happy to hear from you.

Interested in having BCBSTX representatives join you at an upcoming fair or presentation? [Request a benefits or wellness presentation](#).

Benefits resources

HealthSelect plans include comprehensive medical benefits. [Read more under the Medical Benefits tab](#).

- [BCBSTX Resources and Basic Information](#)
- [Get the Most from Your Health Plan Flier](#)
- [Where to Go for Care Flier](#)
- [Virtual Visits Flier](#)
- [How to Select a Primary Care Physician](#)

NEW! ERS Wellness Webpage



Wellness Resources

Being in good health is important to everyone. A healthy lifestyle can improve your quality of life and increase your longevity. The Texas Employees Group Benefits Program offers a full menu of proven programs to help you on the road to wellness.



Active Employees

Discover the many wellness options available to you and your eligible family members!



Retirees

Learn how your health plan can help you enjoy your retirement with the many wellness options available to you.



Wellness Coordinators

Support your agency with data, tools, resources, and turn-key wellness programs here.

[Find My Wellness Coordinator](#)

[Wellness Event Calendar](#)

Now pitch!

Thank you

Contact info: lacy.wolff@ers.texas.gov