

Together.
Better.
Stronger.



TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL





Healthy County 101



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What is Healthy County?

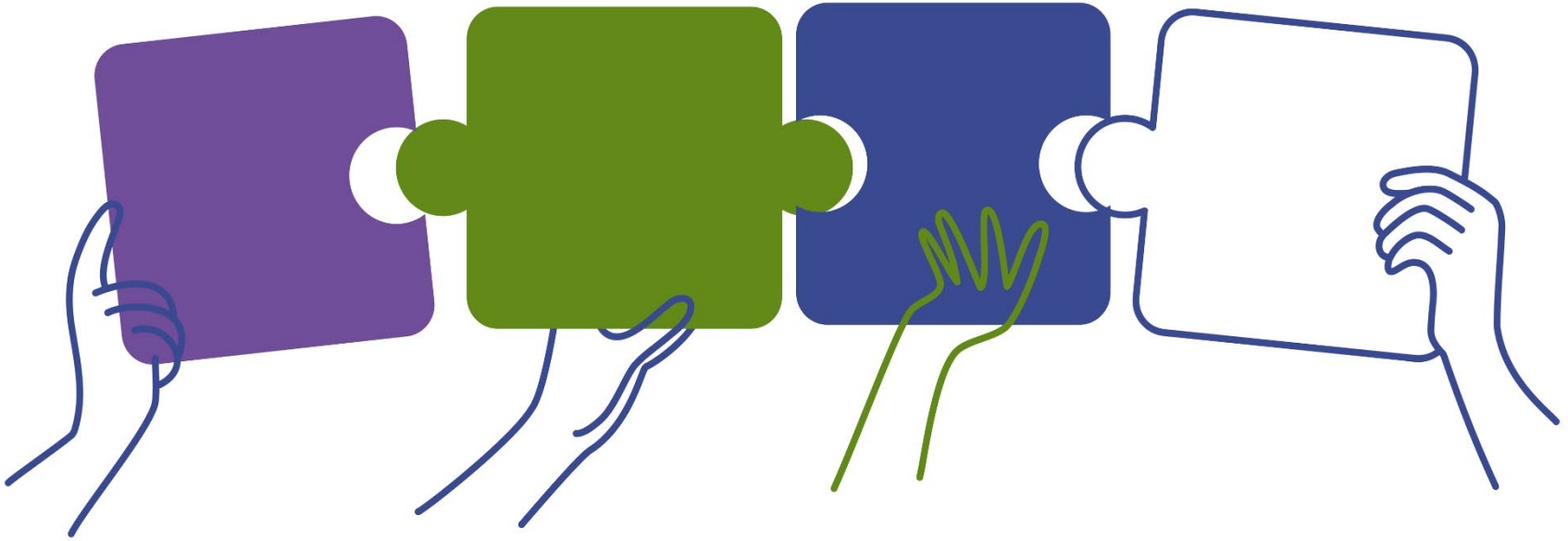
IT'S A THREEFOLD RELATIONSHIP

1. **Counties and county-related entities** investing in employee health by providing benefits programs and supporting wellness at their workplaces
2. **TAC HEBP** providing access to the best programs and resources
3. **Employees** committing to a healthy lifestyle, engaging in the programs, and making responsible health decisions



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Healthy County Benefits & Programs



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MDLIVE[®]



BlueCross BlueShield of Texas



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Managing your Health



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24/7 NURSELINE

The Right Care at the Right
Time



Guide members to appropriate care
using eligibility information to
improve health and reduce costs



Answers
general
health
questions



Staffed by
registered nurses



Can direct members
to audio library of
300+ health topics



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MDLive - Telemedicine

General Health

- Allergies
- Asthma
- Nausea
- Sinus infections

Pediatric Care

- Cold/Flu
- Ear problems
- Pinkeye



Powered by
MDLIVE®

 BlueCross BlueShield of Texas



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- Outcome-based care
- Rapid recovery for common conditions and injuries
- Opportunities to help avoid surgeries, imaging, or other unnecessary care
- A provider of BCBSTX; billed as a claim like chiropractor and physical therapy visits



Image Attribution: https://cdn.pixabay.com/photo/2018/07/04/16/21/chiropractic-3516426_1280.jpg



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PATIENT-REPORTED OUTCOMES

Reporting Dates:
1/1/2024 – 12/31/2024



3.1 Visit Average



90% Further Medical
Services Prevented



95.1% Patient Satisfaction



92% Eliminated/Reduced
Medications



581 Patient Cases



3 Surgeries Prevented



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WOMEN'S & FAMILY HEALTH

A photograph of a woman with long dark hair, wearing a blue tank top, smiling and holding a baby in a red shirt. The background is a soft, out-of-focus indoor setting.

Comprehensive women's and family health with a focus on maternity management and parenting support

Maternity Health Partner

Focus on low-risk maternity members to provide support from pre-pregnancy through delivery and ongoing parenting support

Special Beginnings

Outreach to members will be trigger-based, followed by an assessment to determine if a member is a high-risk maternity management case

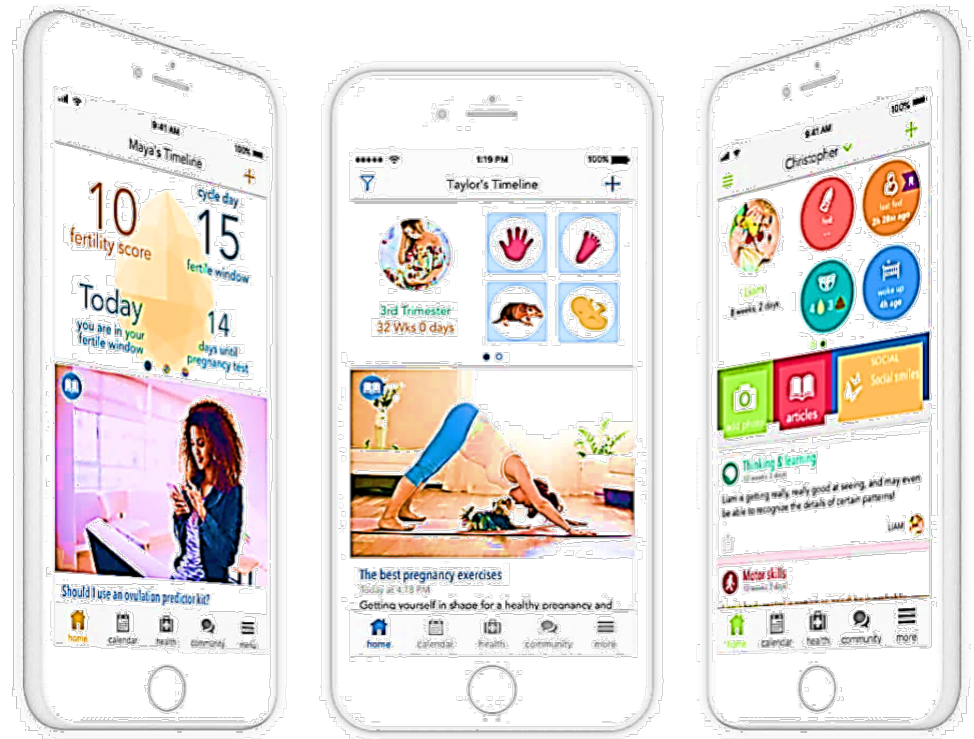
Self-management Program

Digital self-management programs via Well onTarget[®] to support healthy habits to optimize the health and normal development of women and their babies

Ovia Health™ Suite of Apps

Fertility, Pregnancy And Parenting

- Helps navigate benefits from fertility to pregnancy to parenting
- Delivers personalized guidance with in-app coaching, ongoing education and data-driven messaging
- Aims to improve clinical outcomes, reduce costs and help parents navigate a successful return to work



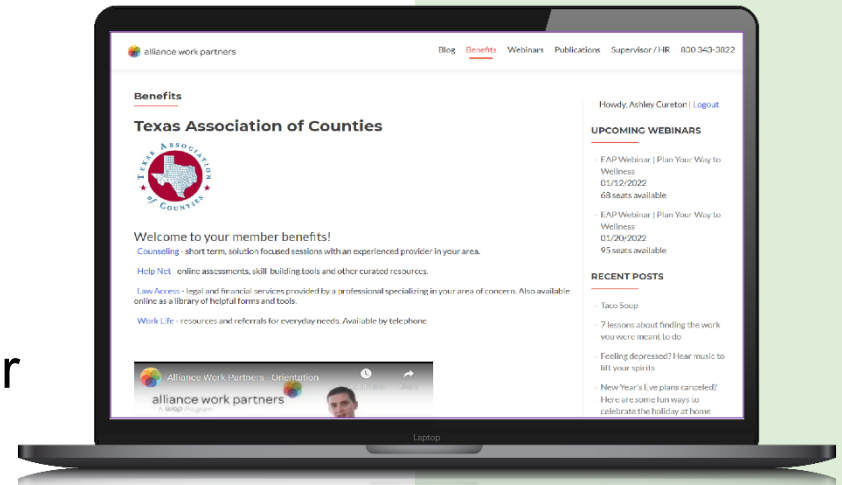
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EAP Member Benefits

- LawAccess
- HelpNet
- WorkLife
- Counseling Sessions
- SafeRide: Reimbursement for emergency cab or rideshare fare for eligible employees (50-mile limit).



Alliance Work Partners | Employee Assistance Program



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Digital Mental Health

- Targeted, online programs and services based on proven cognitive behavioral therapy principles
- Private, convenient entry point for mental health concerns
 - Depression
 - Stress, anxiety & worry
 - Insomnia
 - Substance use
- No cost
- Available to employees and family members ages 13 and older
- Programs available in English & Spanish



Less than 50% of people with a mental health condition receive treatment



BlueCross BlueShield
of Texas



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MDLive - Telemedicine

Behavioral Health

- Anxiety/depression
- Child behavior/learning issues
- Relationship problems



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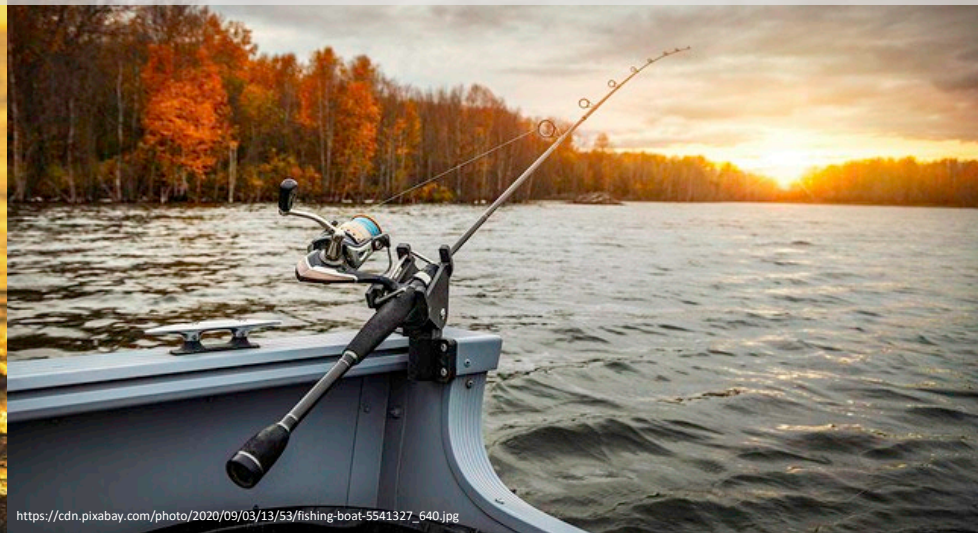
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Managing your Lifestyle



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county.org/webmdone



**Quarterly
Fitness
Contests**



**Earn up to 75
points to redeem
in the Incentive
Store**



**Device Subsidy
[every two years]**



**Incentive
Tracking**



**Interactive
Community**



**Wellness
Resources**



**Track Your
Health**



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Device Storefront



- Every benefit-eligible employee and spouse receives a subsidy/voucher **every two years**
- The subsidy is redeemable in the online catalog as a **voucher** using your health benefits UID# (from the front of your health benefits card)
 - Two ways to apply the subsidy/voucher:
 1. Subsidy can be used to obtain a **Fitbit Inspire 3** at no additional cost
 2. You may apply the voucher (\$30) to **upgrade** to any device and pay the difference
- **Free shipping** on all orders, orders can be shipped directly to your home



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Device Storefront

1. Log in to your WebMD ONE portal
2. Select: ***Get a Fitness Tracker*** under the *Take Action* Section
3. Proceed to shop!

The screenshot shows the 'TAKE ACTION' section of the WebMD ONE portal. The title 'TAKE ACTION' is prominently displayed at the top left. To its right, a subtitle reads: 'These important well-being activities help you maintain your healthiest you'. Below this, there are three distinct promotional cards. The first card, titled 'Get a Fitness Tracker', features an image of a person's foot in a red sneaker stepping onto a blue digital scale. This card is circled in red and includes the text 'Get a discount on a fitness tracking device.' and a 'GO NOW' button. The second card, titled 'Coming Soon!', features an image of a group of runners and includes the text 'Healthy County Contests' and a 'SEE SCHEDULE' button. The third card, titled 'Apple Health and Google Fit Accounts', features an image of a hand holding a smartphone displaying a health app and includes the text 'Syncing your Apple Health or Google Fit Accounts to your WebMD account' and a 'LEARN MORE' button.

TAKE ACTION These important well-being activities help you maintain your healthiest you

Get a Fitness Tracker
Get a discount on a fitness tracking device.
GO NOW

Coming Soon!
Healthy County Contests
SEE SCHEDULE

Apple Health and Google Fit Accounts
Syncing your Apple Health or Google Fit Accounts to your WebMD account
LEARN MORE



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Well onTarget® Member Portal

Portal Highlights

Health Assessment

Member Dashboard

Explore your Well Being

My Journey Recommended

Digital Self-Management Programs

Trackers and Tools

Interactive Symptoms Checker

Health and Wellness Content

Blue Points Rewards

Personal Wellness Challenges

Fitness and Nutrition Tracking and Device Integration



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Fitness Program

10,000+ Fitness
Locations!

Find locations near your home or travel
destination with our Location Tool.

[Search Locations](#)



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Base	Core	Power	Elite	Pro	Signature	Premier
\$19/mo	\$29/mo	\$39/mo	\$129/mo	\$159/mo	\$199/mo	\$239/mo
3500+ Standard Gyms [†]	8,500+ Standard Gyms	13,000+ Standard Gyms	Access to 1 Luxury Gym + All 13,000+ Standard (Luxury Gyms differ by tier, 180+ Available) [†]			
\$19 enrollment fee						
Digital Content Only: Video and Live Stream (\$10/mo)						

- **Studio Class Network:** Boutique-style classes and specialty gyms with pay-as-you-go option and 30% off every 10th class.
- **Family Friendly:** Expands gym network access to your covered dependents at a bundled price discount.
- **Convenient Payment:** Monthly fees are paid via automatic credit card or bank account withdrawals.



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Employee Newsletter

Subscribe at:

www.county.org/resources/resource-library/hbs/healthy-byte-newsletter-sign-up



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Are You on Facebook?

Let's be friends!



Follow us:
www.facebook.com/TACHealthyCounty



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