

Wellness & Mental Health

Free Resources for You and Your Family

Employee Assistance Program

☎ 800-343-3822
www.awpnow.com
Registration Code:
AWP-TACHEBP-4661

- ✓ Counseling
- ✓ Legal Resources
- ✓ Financial Resources
- ✓ Work-Life Support

Learn to Live

Digital mental health support programs.

24/7 NurseLine

☎ 800-581-0393
Talk with a registered nurse anytime.

Ovia Health

Support for:

- ✓ Pregnancy
- ✓ Parenting
- ✓ Menopause
- ✓ Women's Health

Wellness Rewards & Apps

Get Healthy and Earn Rewards

Well onTarget

Earn Blue Points and redeem for gift cards.

Blue365 Discounts

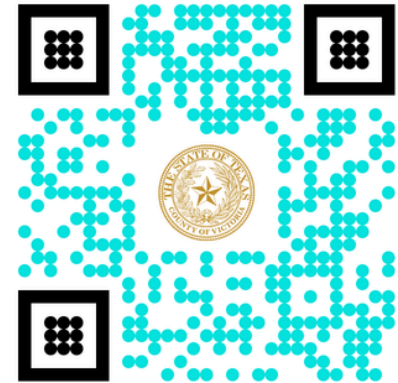
Save on:

- ✓ Fitness
- ✓ Vision
- ✓ Healthy Meals
- ✓ Hearing Aids
- ✓ Wellness Products

Healthy County

☎ 800-456-5974
www.county.org

- ✓ Wellness Challenges
- ✓ Health Coaching
- ✓ Educational Resources



Victoria County Health Plan Quick Reference Guide

What you need to know about your medical plan, pharmacy benefits, and wellness resources in one place.

DOWNLOAD THESE APPS

BCBSTX

Navitus

Well onTarget

Learn to Live

Ovia Health

Airrosti

Where Should I go for Care?

NEED AN ANNUAL CHECKUP, PREVENTIVE CARE, OR HELP MANAGING A CHRONIC CONDITION?

→ Employee Health Clinic

🏠 or In-Network Primary Care Provider

\$ Lowest Cost

Examples: Annual Physical, Blood Pressure Check, Diabetes Management, Preventive Screenings

COLD, FLU, ALLERGIES, SINUS INFECTION, PINK EYE, OR MINOR ILLNESS?

→ MDLIVE Virtual Visit

📱 Available 24/7

\$ \$0 Copay

Examples: Cough, Fever, Ear Infection, Allergies, Minor Skin Conditions

☎ 888-676-4204

www.MDLIVE.com/bcbstx

MINOR INJURY OR NEED SAME-DAY CARE?

→ Citizens Convenient Care

\$ \$40 Copay

Examples: Sprains, Minor Cuts, Sore Throat, Minor Burns, Urinary Tract Infection

HAVING A TRUE EMERGENCY?

→ Citizens Emergency Room

\$ \$100 Copay plus additional costs

Examples: Chest Pain, Trouble Breathing, Stroke Symptoms, Severe Bleeding, Major Injury, Loss of Consciousness

NOT SURE WHERE TO GO?

☎ 24/7 NurseLine

800-581-0393

Speak with a registered nurse anytime.

Know your Medical Plan

Preventive Care

Annual Physicals
Wellness Screenings
Immunizations

Covered at **100%** when using in-network providers

Deductible

\$1,500 Individual/\$3,000 Family

Out-of-Pocket Maximum

\$5,500 Individual/\$11,000 Family

Questions about coverage?

Contact.

BCBSTX

☎ 855-357-5228

www.bcbstx.com

Airrosti

☎ 800-404-6050

www.airrosti.com

Fast treatment for muscle and joint pain.

Pharmacy & Prescription Savings

Navitus

☎ 866-333-2757

www.navitus.com

- ✓ Compare prices in the Navitus App
- ✓ Choose generic medications
- ✓ Ask about copay assistance programs
- ✓ Use Costco Mail Order
(membership not required)

Specialty Medications

Lumicera Health Services

☎ 855-847-3553

Money Saving Tips

- 📌 Compare pharmacy prices.
- 📌 Walgreens and Costco may offer lower medication costs than some pharmacies.
- 📌 Your copay may stay the same, but higher drug costs increase the County's overall healthcare expenses and can contribute to future premium increases.