

Together.  
Better.  
Stronger.



# Healthy County 101



Together.  
Better.  
Stronger.

TEXAS ASSOCIATION *of* COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL



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# What is Healthy County?

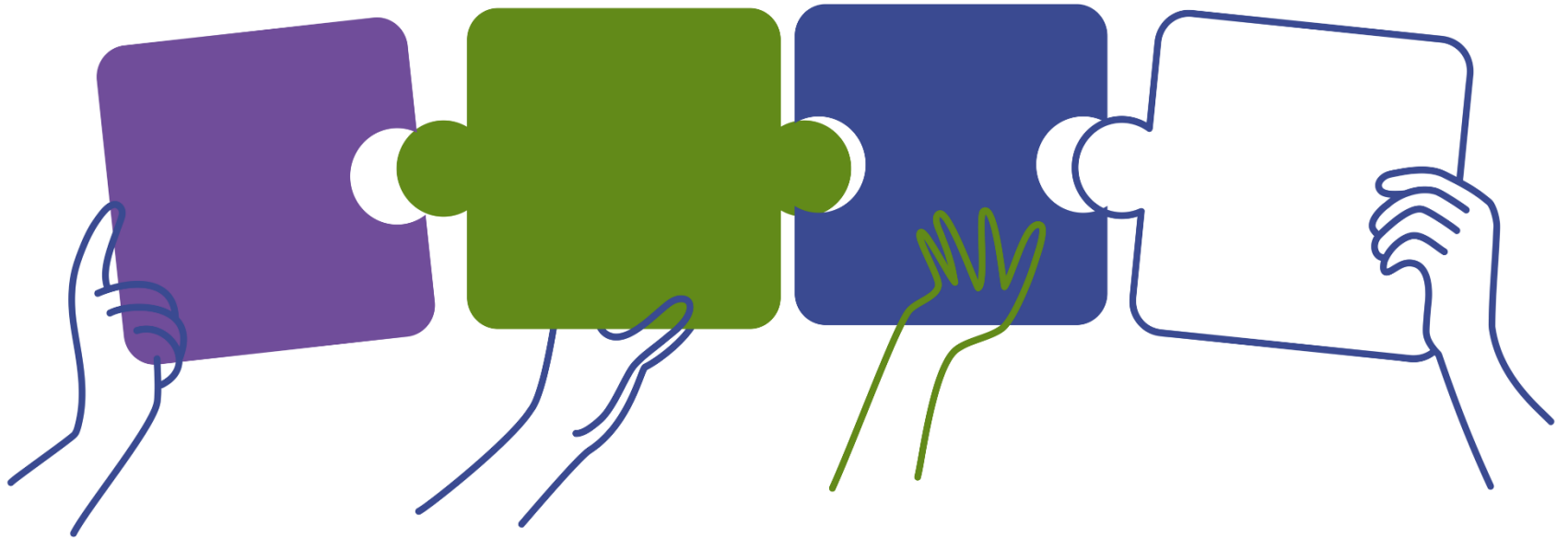
## IT'S A THREEFOLD RELATIONSHIP

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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**WebMD**<sup>®</sup>  
health services

 **wondr** HEALTH™ | FORMERLY  
NATURALLY SLIM



 **Livongo**<sup>®</sup>



**BlueCross BlueShield of Texas**

 **omada**



 **AIRROSTI**



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# Eligibility for EAP

## Full Benefits:

- Employee, retiree, married/divorced spouse, partner, significant other
- Any household member, regardless of age or relationship, residing in employee's home, including significant other and their children
- Children and grandchildren, age 26 or younger
- Employees who separate from the county entity will have availability to use benefits up to six months from the date of the separation

All benefits can be accessed by calling:

toll free

1-800-343-3822

TDD

1-800-448-1823

teen line

1-800-334-TEEN (8336)

We are available to take your call  
24 hours a day, 7 days a week.



Visit your EAP website at  
[awpnow.com](https://www.awpnow.com)

and create a  
customized account.

Go to

<https://www.awpnow.com>  
Select "Access Your Benefits"

Registration Code:  
**AWP-TACHEBP-4661**

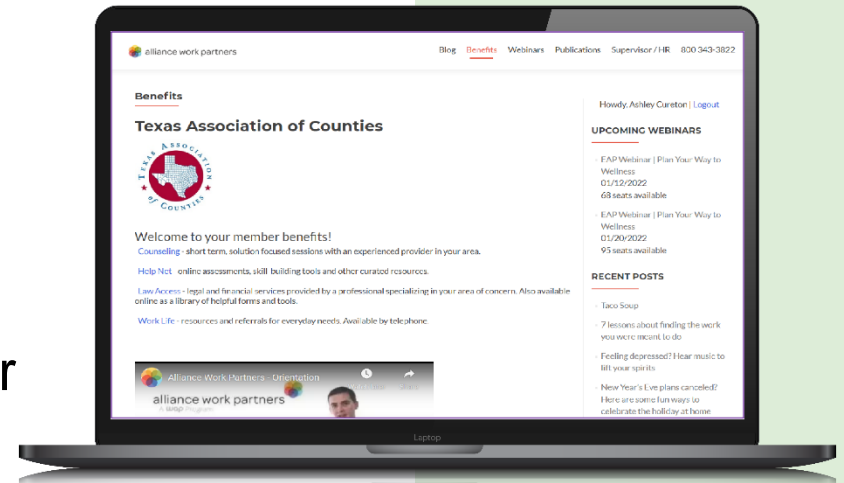


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# Benefits:

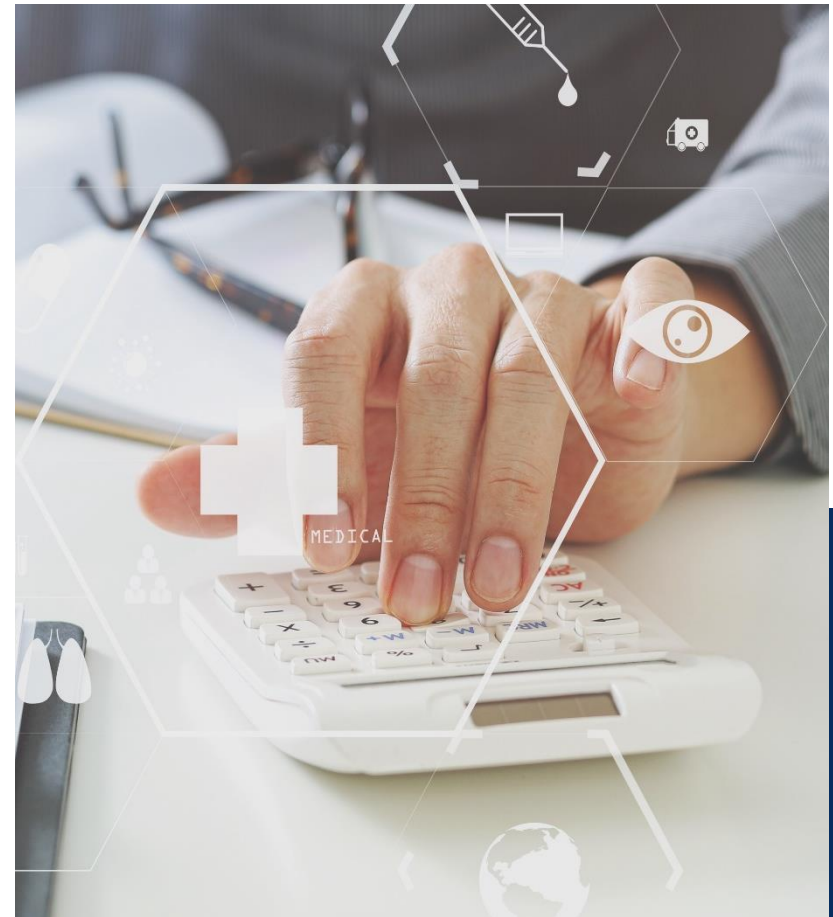
- LawAccess
- HelpNet
- WorkLife
- Counseling Sessions
- SafeRide: Reimbursement for emergency cab or rideshare fare for eligible employees (50-mile limit).



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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



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# Website: airrosti.com

[HOME](#)[ABOUT](#)[NO COST ASSESSMENTS](#)[LOCATIONS](#)[VIRTUAL CARE](#)[SCHEDULE](#)[INJURIES](#)[TESTIMONIALS](#)

## SAME GREAT CARE. CONVENIENT REMOTE ACCESS.

Airrosti has a proven track record of effectively diagnosing and resolving most musculoskeletal conditions. Now, we're able to bring our effective and efficient care to you as a convenient, affordable, and effective digital solution.

**Airrosti Remote Recovery connects you with an experienced provider who will help you understand your condition, prescribe an individualized recovery plan, and give you the tools you need to live pain free.**

[SCHEDULE YOUR APPOINTMENT](#)



# Together. Better. Stronger.



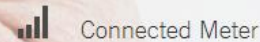
# Diabetes Management Solutions



## Diabetes Management

### Simplify Living with Diabetes

Know how you're doing, stress less about supplies, and get help when it matters most. With Livongo, you'll get a connected meter, unlimited strips, personalized insights, and live support after out-of-range readings.



Connected Meter



Unlimited Strips



Expert Support



Custom Alerts

Website: [get.livongo.com/healthycounty](https://get.livongo.com/healthycounty)



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# Hypertension Management Solutions: *Program Features*


## HIGH BLOOD PRESSURE

### Take Charge of Your Blood Pressure

Track your health with our connected blood pressure monitor. See all your readings in one place, get personalized tips after every check, share reports with doctors, and work toward your goals with help from experts.

 Cellular Connectivity

 Tips and Insights

 Share with Doctor

 Set Reminders



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## Your Health, Simplified.

\$0  
per month

Livongo helps make managing diabetes and blood pressure easier. Join today and receive this \$1,635/year benefit that's paid for by your employer or health plan.

JOIN NOW



- **What you'll need to register**
  - Full Name
  - BCBSTX UID
  - Active Email
  - Mailing Address

# MD Live - Telemedicine

## General Health:

- Allergies
- Asthma
- Nausea
- Sinus Infections

ALL VISITS: \$0 COPAY



Powered by  
**MDLIVE**<sup>®</sup>

## Behavioral Health:

- Anxiety/Depression
- Child behavior/learning issues
- Relationship Problems

## Pediatric Care:

- Cold/Flu
- Ear Problems
- Pinkeye



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# 24/7 NURSELINE

The Right Care at the Right  
Time



Use eligibility information to guide members to primary care physician, urgent care, emergency room or other care as necessary – to improve health quality and lower costs



Answers  
general  
health  
questions



Staffed by  
registered nurses



Can direct members  
to audio library of  
300+ health topics



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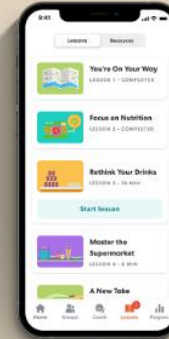


# Better health, one step at a time

Omada is personalized to help you reach your health goals—whether that's losing weight, gaining energy, or improving your overall health. All at no cost to you.

Am I eligible? / ¿Soy elegible?

Play the video →



## Get healthy, *your way*

Many diets, programs, and apps tell you how to get healthy *their* way. Omada helps you find your way.



Available at no cost to the participant



### A plan created for you

We'll help you build healthy routines around what you love to do, and where you want the most support.



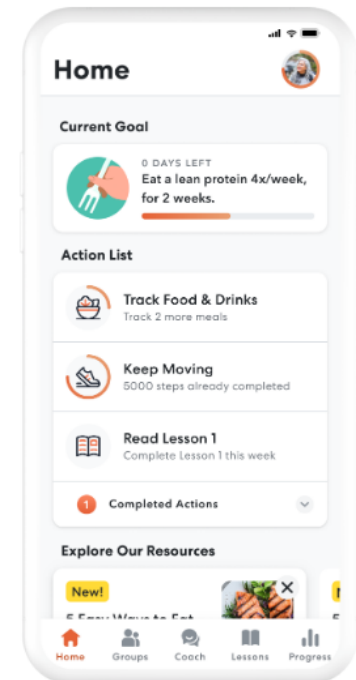
### No more counting calories

Try new things you'll enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."



### We're in your corner

We'll match you with a dedicated health coach for the support you need to *get going* and *keep going*.



Website: [omadahealth.com/healthycounty](https://omadahealth.com/healthycounty)

## 2024 Series Schedule

	Winter	Spring	Fall
Apply	Jan. 8 – 21	Apr. 8 - 21	Aug. 19 – Sep.1
Week 1 Starts	Feb. 5	May 6	Sep. 16

Healthy County and **Wondr Health™** improves health at no cost to the participant

Let's Talk Results.  
In as little as 10 weeks...

- 88%** 88% lose weight
- 85%** 85% feel more in control of their weight
- 62%** 62% feel more confident
- 61%** 61% have more energy
- 67%** 67% are more physically active

Website: [wondrhealth.com/healthycounty](http://wondrhealth.com/healthycounty)



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# Blue Access for Members

The screenshot shows the BlueCross BlueShield of Illinois website. At the top, there are navigation links for Welcome, Employers, Producers, and Providers. On the right, there are links for Company Information, Feedback, Language Assistance, and En español. The BlueCross BlueShield of Illinois logo is on the left, and a virtual assistant icon labeled 'Ask IVY SM our virtual assistant' is in the center. A search bar is on the right. Below the navigation bar, there are five menu items: Insurance Basics, Shop Plans & Products, Find a Doctor or Hospital, Member Services, and Sign Up or Log In. The main content area features a headline: 'Join the more than 7.9 million members who chose us for their health care coverage'. Below this are three promotional cards: 'Individual and Family' with an image of a woman and child, 'Medicare' with an image of an older man, and 'Medicaid' with an image of a man and child.

- Access BAM online or on your mobile device at [bcbstx.com](https://bcbstx.com)
- Click **Register Now** for New Users

*To register you will need your ID number from your ID card or you can call Customer Service*



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# BAM Dashboard

- 1 **My Coverage:** Review benefit details for you and your covered dependents
- 2 **Claims Center:** View and organize details such as payments, claims status and more
- 3 **My Health:** Make more informed health care decisions by reading about health and wellness topics and specific conditions
- 4 **Doctors & Hospitals:** Use Provider Finder to locate a network doctor, hospital or other health care provider

The screenshot shows the BAM Dashboard for Blue Cross BlueShield of Texas. The top navigation bar includes 'Español' (1), 'Language Assistance', 'PPO' (4), and 'WELLNESS' (3). The main content area is divided into sections: 'Recent Claims' (2) with three rows of claim details (Status: Paid, You May Owe: \$10.00, \$0.00, \$10.00), 'Find Care' with 'Medical' and 'Dental Care' options, and 'Spending' with 'Deductible' (\$0.00 / \$300 limit, \$300.00 Remaining) and 'Out of Pocket Max' (\$1,000.00 / \$1,000 limit, \$0.00 Remaining) cards. Buttons for 'Member ID Card' and 'Contact Us' are visible in the top right.



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# Wellness Dashboard

## Programs

### Well onTarget



Well onTarget has tools and resources to help you manage your health:

- Health Assessments to help you measure your health.
- Digital Self-Management Programs, lessons, and challenges to help you reach your wellness goals.
- With the Blue Points<sup>SM</sup> program, you can earn points by completing activities and reaching goals. These points can be redeemed online for rewards.
- Track healthy habits, sync your fitness and nutrition devices with the Well onTarget portal or download the app.

Visit Well onTarget 

### Digital Mental Health



Do you struggle with anxiety, stress, depression, substance use, sleep problems or other mental health concerns? Learn to Live is an online resource that can help. Programs are based on therapy techniques with a track record of helping people feel better. Learn to Live is confidential, accessible anywhere and available at no added cost to you and your family. Choose the program for you by taking a quick assessment today.

Learn more about Learn to Live's programs by viewing this brief video. [View the Learn to Live video.](#) 

Visit Learn to Live 

### Fitness Program






The Fitness Program offers flexible options to get in shape and stay active. Choose from a network of gyms offering tiered pricing that fits your budget and lifestyle. This program also includes pay-as-you-go classes. You can use the mobile app to find high intensity or yoga workouts. Save even more by bundling family members under one account.

Learn More 

### Women's and Family Health



Whether you're pregnant or planning to get pregnant, you should prepare as much as you can. We're here to help you with these resources:

- Ovia Health™ apps feature health trackers and provide videos, tips, coaching and more. Ovia Fertility, Ovia Pregnancy, and Ovia Parenting apps can be downloaded from the [Apple App Store](#)  or [Google Play Store](#).  During sign-up, make sure you choose "I have Ovia Health as a benefit." Then select BCBSTX as your health plan and enter your employer's name.
- If your plan includes Well onTarget®,  you'll have access to online programs about pregnancy. These cover topics such as healthy foods, body changes and labor.
- Our maternity specialists will help you by phone from early pregnancy until six weeks after delivery if your pregnancy is high-risk.

If you have questions or want to learn more, please call 1-888-421-7781 Monday through Friday from 8 a.m. to 6:30 p.m. CT.

*Ovia Health is an independent company that provides maternity and family benefits solutions for Blue Cross and Blue Shield of Texas.*

### Connect with a Cancer Specialist



### Blue365 Member Discount Program



# Well onTarget® Member Portal

- Portal Highlights
  - **Health Assessment**
  - Member Dashboard
  - Explore your Well Being
  - My Journey Recommended Activities
  - 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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# Member Rewards: How to Earn









## Blue Points

### How to Earn Blue Points<sup>SM</sup>

By accessing and using the Well onTarget program, a Member agrees to be bound by the Well onTarget Program Rules. A Member also agrees to comply with all applicable federal, state and local laws. Members are responsible for making all disclosures, and paying all taxes, required by federal, state and local law with respect to their receipt of any reward. Members should consult with their tax advisors with respect to any rewards they may redeem for points.

#### ELIGIBLE ACTIVITIES

- All Activities
- Fitness Program
- Health Ass

 <p>Fitness Center Use - Visit 1</p>	<p><b>100</b> PTS</p> <p>1 PER WEEK</p>	<p>You will earn points for your first visit each week at a Fitness Program network fitness center.</p> <p><b>Special Notice:</b> Fitness Program points are awarded an average of 60 days after a qualifying visit.</p>
 <p>Program Completion</p>	<p><b>1000</b> PTS</p> <p>1 PER QTR</p>	<p>When you are striving to make a behavior change it can be rewarding to view your progress. Tracking your efforts can help you stay on track with your wellness goals. When you log your activity, you will receive points until you reach your weekly maximum limit.</p> <p><a href="#">Track Now</a></p>
 <p>Fitness Program Enrollment</p>	<p><b>2500</b> PTS</p> <p>1 PER YEAR</p>	<p>You can earn points for using a fitness device or mobile application to track the steps you take throughout the day!</p> <p><a href="#">View Activity</a></p>
 <p>Progress Check-In</p>	<p><b>250</b> PTS</p> <p>1 PER MONTH</p>	<p><b>YOU CAN EARN MORE POINTS ON 01/01/2021</b></p> <p>When you connect a device or mobile application to the Well onTarget site, you'll earn points.</p> <p><a href="#">Add a Device</a></p> <p>✓</p>
 <p>Fitness Center Use - Visit 3</p>	<p><b>200</b> PTS</p> <p>1 PER WEEK</p>	<p><b>YOU CAN EARN MORE POINTS ON 07/01/2020</b></p> <p>Completing the health assessment will help you know where you are healthy as well as identify opportunities for improvement. After completion, you will receive points bi-annually up to your maximum limit.</p> <p><a href="#">View Completed</a></p> <p>✓</p>
 <p>Fitness Center Use - Visit 1</p>	<p><b>100</b> PTS</p> <p>1 PER WEEK</p>	<p>You will earn points for your first visit each week at a Fitness Program network fitness center.</p> <p><b>Special Notice:</b> Fitness Program points are awarded an average of 60 days after a qualifying visit.</p>
 <p>Track Your Progress</p>	<p><b>10</b> PTS</p> <p>7 PER WEEK</p>	<p>When you are striving to make a behavior change it can be rewarding to view your progress. Tracking your efforts can help you stay on track with your wellness goals. When you log your activity, you will receive points until you reach your weekly maximum limit.</p> <p><a href="#">Track Now</a></p>
 <p>Track Your Progress Using a Fitness Device or Mobile App</p>	<p><b>55</b> PTS</p> <p>1 PER DAY</p>	<p>You can earn points for using a fitness device or mobile application to track the steps you take throughout the day!</p> <p><a href="#">View Activity</a></p>

## Fitness Program

### Gym Packages<sup>1</sup>

No long-term commitments.

Your workout, your way - close to home and nationwide

\*One-time enrollment fee of \$19.

BASE	CORE	POWER	ELITE
<b>\$19</b> /month	<b>\$29</b> /month	<b>\$39</b> /month	<b>\$99</b> /month
<ul style="list-style-type: none"><li>✓ 3,000 + standard gyms</li><li>✓ Digital Content</li><li>✓ Studio Class Rewards</li></ul>	<ul style="list-style-type: none"><li>✓ 7,500 + standard gyms</li><li>✓ Digital Content</li><li>✓ Studio Class Rewards</li></ul>	<ul style="list-style-type: none"><li>✓ 11,000 + standard gyms</li><li>✓ Digital Content</li><li>✓ Studio Class Rewards</li></ul>	<ul style="list-style-type: none"><li>✓ 11,000+ standard gyms</li><li>📍 1 Elite gym choice from 100+ available</li><li>✓ Digital Content</li><li>✓ Studio Class Rewards</li></ul>
<a href="#">Explore Locations</a> <a href="#">Select &gt;</a>	<a href="#">Explore Locations</a> <a href="#">Select &gt;</a>	<a href="#">Explore Locations</a> <a href="#">Select &gt;</a>	<a href="#">Explore Locations</a> <a href="#">Select &gt;</a>

The Best Value.

### Digital Only Package

Work out whenever you want, wherever you are.

\*No enrollments fee for digital only

DIGITAL CONTENT ONLY	
<b>\$10</b> /month	<p>Add thousands of on-demand videos and live streams to your plan. Content includes workouts, wellness videos, nutrition tutorials, and more!</p> <hr/> <p>Included with purchase Studio Class Rewards   30% off every 10th class</p>

## Search Catalog

Keywords

Category

- Please Choose -

Minimum Points

Maximum Points

Search

Sort By: Popularity

Per Page: 30



Fitbit Sense 2™ (Blue Mist / Soft Gold Aluminum) by Fitbit  
**50,588 Points**



Fitbit Inspire 3™ (Midnight Zen / Black) by Fitbit  
**18,045 Points**



Apple AirPods with Charging Case White by Apple  
**25,525 Points**



KitchenAid Artisan Series 5 Quart Tilt-Head Stand Mixer by KitchenAid  
**89,746 Points**



Chromecast with Google TV (4K) (Snow) by Google  
**12,357 Points**



KitchenAid Variable Speed Corded Hand Blender by KitchenAid  
**15,773 Points**



Callaway Apex 21 Hybrid Right Regular Golf Club by Callaway Golf  
**45,443 Points**



Apple iPad 10.2-inch with WiFi - 64GB Silver by Apple  
**73,801 Points**



Echo Studio by Amazon  
**34,428 Points**



Garmin Dash Cam Mini 2 by Garmin  
**27,405 Points**



15.6" Aspire 3 Notebook (Silver) by Acer  
**85,836 Points**



Oakley Wire Tap 2.0 Sunglasses Satin Black by Oakley  
**24,597 Points**



Fitbit Sense 2™ (Lunar White / Platinum Aluminum) by Fitbit  
**50,588 Points**



Skyline Booster Seat - Dusk by Bob-Britax  
**25,314 Points**



invidyo Smart Baby Camera by invidyo  
**21,535 Points**



UBP-X700E HDR 4K UHD Network Multi-Region Blu-ray Player by Sony



Power Flosser 3000 Oral Irrigator by Philips Sonicare  
**14,537 Points**



Therabody Fitness Mat Black by Therabody  
**16,123 Points**



SwannBuddy 1080p Video Doorbell w/ Chime by Swann



Callaway JAWS Full Toe Raw Face Chrome Wedge by Callaway Golf

# Member Rewards: Rewards Catalog

# learntolive

- Targeted, online programs and services based on proven cognitive behavioral therapy principles: [5 Steps to the programs](#)
- Private, convenient entry point for mental health concerns
  - Depression
  - Stress, Anxiety & Worry
  - Insomnia
  - Substance Use
- No cost to employee
- Available to employees and family members ages 13 and older
- Programs available in English & Spanish



 learntolive

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

# IDENTIFY

## How the Learn to Live program works

A step-by-step guide to how we can help

🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📁 PRACTICE

☀️ LIVE WELL



### Identify the problem

Life provides us with plenty of opportunities to feel stressed and worried, like relationships, health, work and finances. It's normal to feel sad, lonely, afraid, nervous or anxious. If those feelings don't seem to go away, it may be an indication of an issue with **anxiety** or **depression**.

We'll help you identify the **thoughts** and **behavior patterns** that perpetuate your issues, so you can work through them. You don't have to stay anxious and lonely. **Your world can get bigger.**



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# UNDERSTAND

## How the Learn to Live program works

A step-by-step guide to how we can help

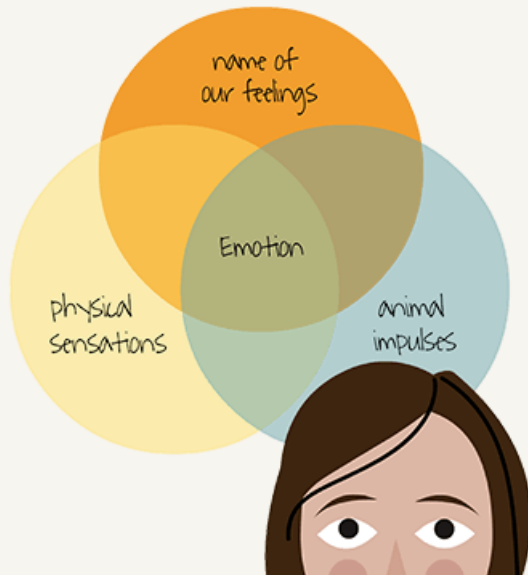
🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📁 PRACTICE

☀️ LIVE WELL



## Understand how your mind works

Sometimes our own thoughts become too focused on **perceived threats** and our **sense of helplessness**. When we experience depression or anxiety, these thinking patterns become our norm. We worry that we will be miserable and stuck, and we start **avoiding** the things in life that would help us be more resilient.

Our programs are designed to help you recognize your fears and stressors, and understand how to deal with the **thoughts** and **behavior patterns** that are keeping you anxious or down.



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# LEARN

## How the Learn to Live program works

*A step-by-step guide to how we can help*

🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📄 PRACTICE

☀️ LIVE WELL



### Learn ways to deal with the problem

The Learn to Live programs are divided into eight lessons, each describing new ideas like **Thought Inspection**, **Fear-facing** and **Goal Setting** to help you develop new **healthy habits**. You'll listen to Dr. Russ explain the thought processes and behaviors that get you stuck, and introduce the powerful tools of **CBT** in his quirky and engaging way. And learn to how to live the life you've been longing for.



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# PRACTICE

## How the Learn to Live program works

A step-by-step guide to how we can help

🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📁 PRACTICE

☀️ LIVE WELL



### Practice...repeat...

Once you have the know-how, it's time to put it to work. Your homework provides you the opportunity to **practice** your **new thinking** and **living** on a daily basis.

We help you **set your goals** and **track your progress** from your personalized dashboard. We also help you identify the **support** you need to reach your goals: a Learn to Live coach, people you already know - your **Teammates™**, or others in the community who are on the same path.



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# LIVE WELL

## How the Learn to Live program works

*A step-by-step guide to how we can help*

🔍 IDENTIFY

💡 UNDERSTAND

💻 LEARN

📁 PRACTICE

☀️ LIVE WELL



## Live the life you want to

By the end of the program, you will have learned to inspect your thoughts and change your behavior patterns, and will have taken the **first steps** towards becoming more engaged in your life.

You will be able to **manage your thoughts, actions, and attention** in more situations. You'll have the **tools** and **capabilities** you need to truly live and maintain the life you've always wanted to live.

GET STARTED



Together. Better. Stronger.

# WOMEN'S & FAMILY HEALTH

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

## Self-management Program

Digital self-management<sup>®</sup> programs via Well onTarget to support healthy habits to optimize the health and normal development of women and their babies

## 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

## Maternal Health Partner

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

# oviahealth™

## meet the ovia apps

Ovia is your companion for the journey ahead: from cycle and fertility tracking to parenthood and menopause. The Ovia apps offer health tracking, features, and tools to help you navigate your reproductive health journey.



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# Communication Tools



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# Stay Connected with us!

## Employee Newsletter

Subscribe at: [www.county.org/hcmonthly](http://www.county.org/hcmonthly)



# Together. Better. Stronger.

# Are You on Facebook? Let's be friends!



Follow us:  
[www.facebook.com/TACHealthyCounty](https://www.facebook.com/TACHealthyCounty)



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New for 2024





## Reminders & Updates

Access to Sonic Boom will end  
12/31/2023!

Redeem your Boomin' Bucks  
**BEFORE** 12/31/2023.



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# Find Your Way Forward

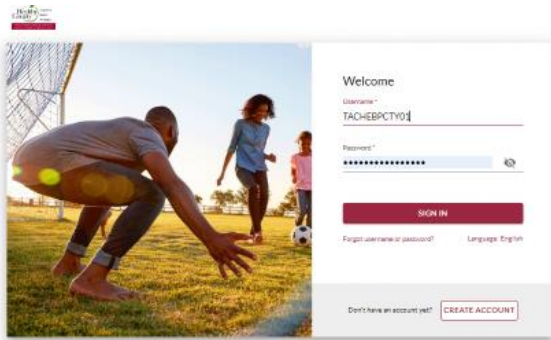
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WebMD ONE powered  
by Healthy County



# Getting Started

## Ways to log in



### What is Healthy County?

Healthy County is a partnership between TAC, HEBP and WebMD to help you bring out your best. Based on your personal needs and interests, it will help you set goals, track your progress, keep you motivated, and provide valuable information along the way. Simply register to get started with our programs and services.



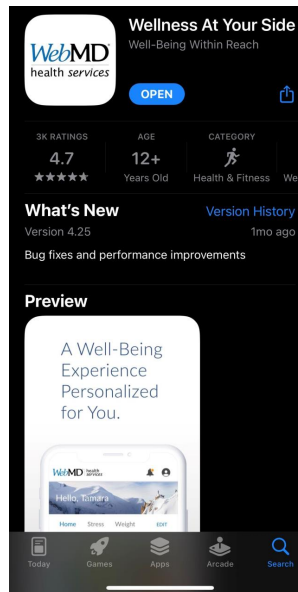
Personalized and flexible to meet your needs



Private and secure—we keep your information safe



Get guidance from a brand you know and trust





# Method 1: Single Sign-On through Employee Self

## Service for Employees Only

1. Go to **mybenefits.county.org**.
2. Log in to your **My Benefits** account or click **Create an account** for first-time users.
3. Click the **Get Started Today** link in the WebMD ONE featured card.



TEXAS ASSOCIATION *of* COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

### Sign In

Welcome to Texas Association of Counties employee enrollment system, your online resource for benefit programs at Texas Association of Counties.

Username: \_\_\_\_\_

[Forgot Username?](#)

Next

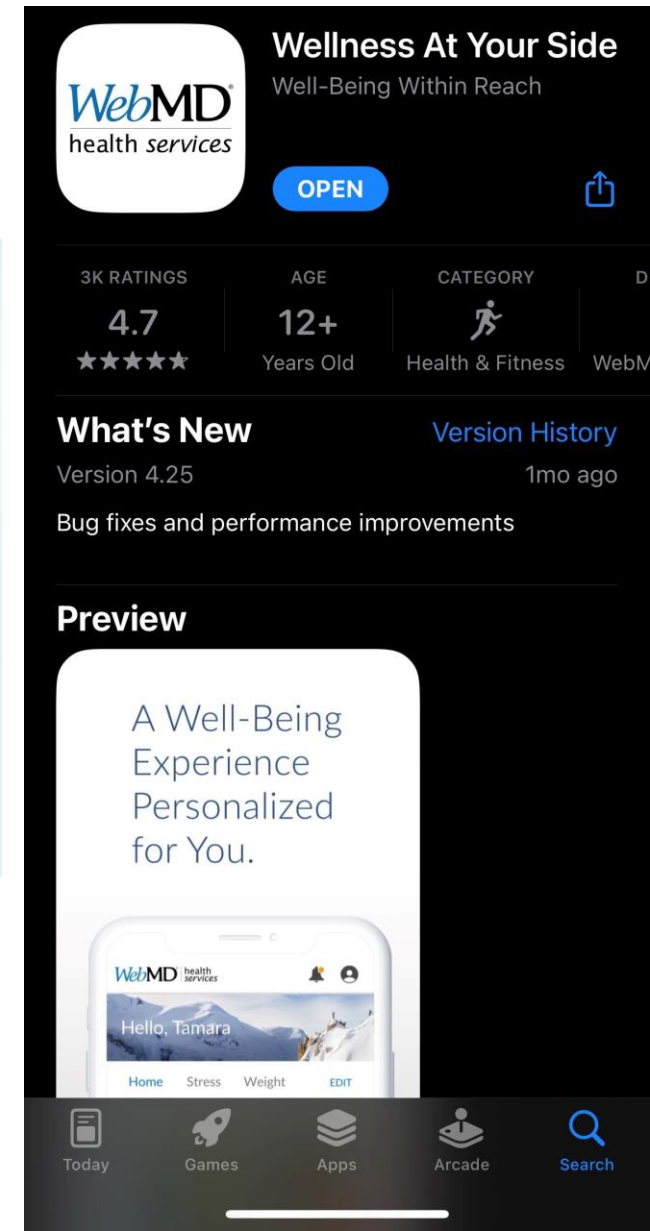
[↩ First time user? Create an account →](#)

## Method 3: Mobile App - Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search "Wellness At Your Side."
2. Download and open the app, then enter your connection code: county
3. Follow the steps in Method 2 to create your account.

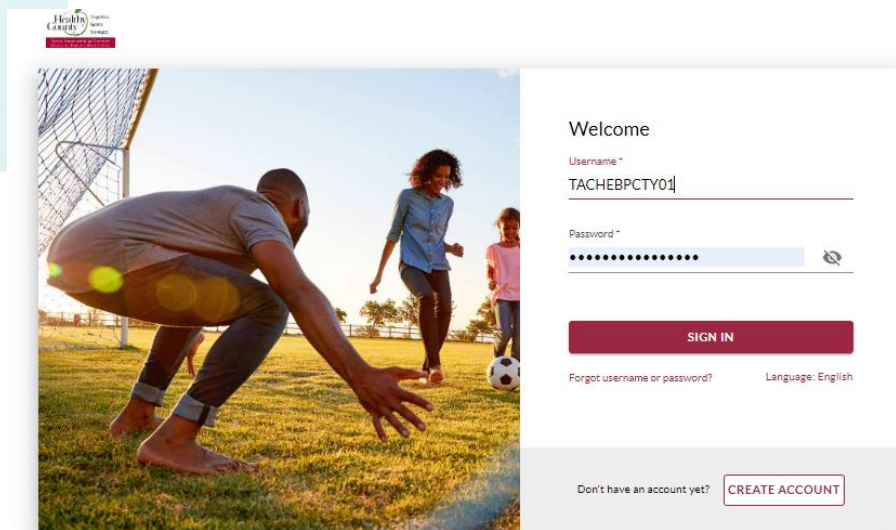
## Method 2: Direct login to WebMD ONE for Employees and Spouses

1. Go to [county.org/webmdone](https://county.org/webmdone).
2. Click **Create Account**.
3. Enter the first nine digits of your **BCBSTX Member ID** from your health benefits card (leave out the letters).  
**Spouses will need to add DOB** (XXXXXXXXMMDDYYYY) at the end of their BCBSTX Member ID Number.
4. **Enter your Date of Birth.**
5. Follow the prompts to create your account.



## Method 2: Direct login to WebMD ONE for Employees and Spouses

1. Go to **county.org/webmdone**.
2. Click **Create Account**.
3. Enter the first nine digits of your **BCBSTX Member ID** from your health benefits card (leave out the letters).  
**Spouses will need to add DOB** (XXXXXXXXMMDDYYYY) at the end of their BCBSTX Member ID Number.
4. **Enter your Date of Birth**.
5. Follow the prompts to create your account.



### What is Healthy County?

Healthy County is a partnership between TAC HEBP and WebMD to help you bring out your best. Based on your personal needs and interests, it will help you set goals, track your progress, keep you motivated, and provide valuable information along the way. Simply register to get started with our programs and services.



Personalized and flexible to meet your needs



Private and secure—we keep your information safe



Get guidance from a brand you know and trust



# Main Login Page:

Select “Create Account” to start the registration process.



Welcome

Username \*

Password \*

**SIGN IN**

[Forgot username or password?](#)      [Language: English](#)

Don't have an account yet? **CREATE ACCOUNT**

# How to Register:

1. Enter in your Registration ID:
  - **Members:** Use your 9-digit health plan ID found on your Blue Cross Blue Shield membership card. (Leave off the starting letters, "ZGP".)
  - **Spouses of Members:** Use the 9-digit health plan ID found on your Blue Cross Blue Shield membership card, followed by your date of birth. *For example, if the health plan ID number is ZGP123456789 and your date of birth is 08/01/1980, you would enter 12345678908011980.*
2. Create a username/password
3. Enter your DOB and email address

# How to Register *(cont.)*:

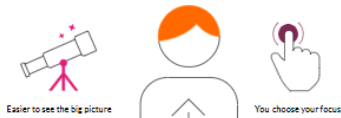
4. Accept the terms and conditions
5. Hit Go!
6. You'll be asked to answer a few questions about your interests and health goals to personalize your experience, then you're all set!



# Personalize YOUR Experience: What are YOUR

WELCOME TO  
WebMD ONE

Here's what's new...



## Tell us about your health

This helps us understand where you are on your well-being journey.

Overall, how would you rate your health?

- poor
- fair
- average
- good
- excellent

What's your ethnic origin? ▼

Some conditions and health risks vary by ethnicity.

Height      Weight  
\_\_\_\_ ft      in      lbs  
without clothes

NEXT

## What are your interests?

Pick your top three now. You can add others later.

I want to...

- Get more exercise
- Get to a healthy weight
- Eat better
- Reduce stress
- Sleep better
- Quit tobacco

## Can we help you with any of these conditions?

- High Blood Pressure
- High Cholesterol
- Asthma
- Diabetes
- Coronary Artery Disease
- Heart Failure
- COPD

BACK

SKIP

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# ONE Health Assessment

The screenshot shows the landing page for the ONE Health Assessment. At the top, there is a navigation bar with "My Health" and "My Sponsor" buttons. Below the navigation, there is a header "ONE Health Assessment" and a sub-header "Secure Messages (2 new)". A main heading "ONE Health Assessment" is followed by a call to action: "Take the ONE Health Assessment to learn your personal health score and get recommendations for making positive steps towards better health. Complete each section below to finish your ONE Health Assessment." An illustration of a family sitting at a picnic table is shown. Below this, there are four assessment sections: "About You", "Health Behaviors", "Emotional Health", and "Clinical". Each section shows "0% Complete" and a "START" button.

The screenshot shows the "ONE Health Assessment | Results" page. At the top right, there is a "DOWNLOAD REPORT" button. The main content area is divided into two columns. The left column displays the "Wellness Score" as "93 Out of 100" in a large blue circle, with a "TAKE IT AGAIN" button below it. The right column is titled "TOP ITEMS FOR IMPROVEMENT" and shows "Prevention" with a "Medium Risk" indicator. Below this, there is a comparison bar: "Optimal you is 100" (You scored a 93 out of 100) and "The average score is 69" (You scored better than the average person your age). A horizontal bar chart shows the score of 93 relative to the optimal score of 100 and the average score of 69. Below the results, there is a "TAKE ACTION" section with two cards: "Quit Tobacco" (Take steps to quit tobacco—it's the best thing you can do for your health) and "Nutrition" (Experience the many benefits of eating a healthy, well-balanced diet).

# Rewards

My Health | County Resources

DEVICES/APPS (+) | TT | INTERESTS (Icons)

ON THIS PAGE

- Dashboard
- Take Action
- Explore & Learn

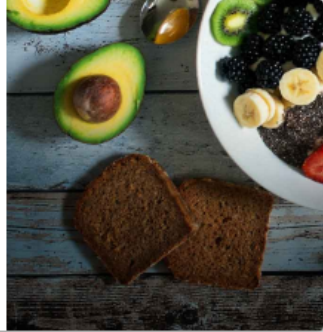
### Connect a Device Today!

Go to the Connection Center for details.

### ONE Health Assessment

Get more out of your experience by completing your assessment.

NEXT | GET YOUR SCORE



### ★ Rewards

- Bastrop County Incentive Program** Completed on 11/9/2023 ✓  
0% Completed  
[VIEW REWARDS](#)
- Healthy County Rewards** Locked • Expires 12/31/2024  
Unlock your program by completing the required activities.  
[UNLOCK PROGRAM](#)

# Rewards

## Bastrop County Rewards

WELLNESS ACTIVITIES: Oct. 1, 2023 – April 30, 2024	WELLNESS PROGRAM INCENTIVE
<b>Annual Physical Exam:</b> Obtain an annual physical with a network provider by April 30, 2024	<b>One Paid Time Off (PTO) Day</b> to be applied at least two months after the Annual Physical is completed. The PTO Day must be used prior to Sept. 30, 2024.

## Take Action! — Oct. 1, 2023 to April 30, 2024

### Get an Annual Physical Exam (or Well-Woman Exam)

Rather than treat a condition after it has progressed, preventive care aims to prevent disease. Getting an annual checkup is important to maintaining good health and preventing disease.

**Obtain an annual physical exam by April 30, 2024, to earn PTO day.** Physician visits for only lab work do not meet the requirements for the Wellness Incentive Program.

#### Preventive Exams Covered at 100%

Preventive exams are covered at 100% and are not subject to a copay unless additional health concerns are addressed during the visit, which may prompt an office visit copay.

#### Annual Physical Exam Verification

Employees can complete an **Annual Physical** online verification on your WebMD ONE Rewards page.

1. Log in to the **Healthy County WebMD ONE** portal at [www.county.org/webmdone](http://www.county.org/webmdone) or [mybenefits.county.org](http://mybenefits.county.org).
2. Click **REWARDS** in the middle of the page.
3. Select **Bastrop County Incentive Program**.
4. Click **Annual Physical**.
5. Select **Annual Physical Certification**.
6. Enter exam date and click **SAVE**.

#### New Hires

New hires are eligible to participate in Bastrop County's Wellness Incentive Program once their health benefits become effective.

# Rewards

## Healthy County Rewards

The screenshot shows the 'Rewards' section of the Healthy County Rewards program. At the top right, it indicates '3 Rewards Available'. A progress bar shows the user has earned 25 points out of a total of 75. A pop-up window titled 'Next Reward' shows a 'Bronze' reward worth '\$25 Credit to redeem at Online Rewards' with '25 Points needed' to reach it. The background features an illustration of a hiker with a backpack in a mountainous landscape.

**NEW:** All employees and spouses covered by the county's medical plan is eligible to earn **\$75 in 2024!**

### EARN POINTS

Complete the following by December 31, 2024, unless otherwise noted.








🏃 Get Started and Learn about Your Health	Earn a maximum of 20 Points
👣 Best Foot Forward	Earn a maximum of 15 Points
🌱 Spring into Action	Earn a maximum of 15 Points
🚶 Walk & Stroll	Earn a maximum of 15 Points
🏃 Move for a Mission	Earn a maximum of 15 Points
🏆 Wellness Challenges	Earn 15 Points

# Rewards

## Healthy County Rewards

### EARN POINTS

Complete the following by December 31, 2024, unless otherwise noted.

 Get Started and Learn about Your Health	Earn a <b>maximum of 20 Points</b> ▼
 Engage in the Support You Need	Earn a <b>maximum of 40 Points</b> ▼
 Best Foot Forward	Earn a <b>maximum of 15 Points</b> ▼
 Spring into Action	Earn a <b>maximum of 15 Points</b> ▼
 Walk & Stroll	Earn a <b>maximum of 15 Points</b> ▼
 Move for a Mission	Earn a <b>maximum of 15 Points</b> ▼
 Wellness Challenges	Earn <b>15 Points</b> ▼

### COMPLETED











 <b>Required Activity</b> You completed this on 9/19/2023	 Reward Program unlocked!
---	--


- More ways to earn in 2024!
  - Begin to earn points by completing the **ONE Health Assessment**
    - Download the WAYS app;
    - Obtain an Annual Exam;
    - Participate in a Condition Management Program OR complete a Daily Habits Plan; and
    - Complete a physical activity contest.



# Health Goals – Healthy County Contest

The healthy county contests will utilize health goals

Active	Completed	Ended
 Best Foot Forward - Log at least 6,000 steps Do this for 30 days to complete the contest.		Expires 03/03/2024
 Best Foot Forward - Log 30 minutes of exercise per day Do this for 30 days to complete the contest.		Expires 03/03/2024
 Log 45 minutes of activity per day Do this for 100 days to complete the contest.		Expires 07/31/2024
 Log 5,000 steps per day Do this for 100 days to complete the contest.		Expires 07/31/2024
 Move for a Mission - Log 45 minutes of exercise per day Do this for 40 days to complete the contest.		Expires 11/03/2024
 Move for a Mission - Log 7,000 steps per day Do this for 40 days to complete the contest.		Expires 11/03/2024
 Spring into Action - Log 30 minutes of exercise per day Do this for 30 days to complete the contest.		Expires 05/12/2024
 Spring into Action - Log 6,000 steps per day Do this for 30 days to complete the contest.		Expires 05/12/2024
 Walk and Stroll - Log 45 minutes of exercise per day Do this for 40 days to complete the contest.		Expires 07/27/2024
 Walk and Stroll - Log 7,000 steps per day Do this for 40 days to complete the contest.		Expires 07/27/2024

 Best Foot Forward - Log at least 6,000 steps  
Do this for 30 days to complete the contest. Expires 03/03/2024

SEP 21 This goal is achievable each day


0 steps.

Source: Device Captured, Device Not Validated, Professionally Sourced

[Return to the Rewards Page.](#)

History

VIEW TRACKER

 Best Foot Forward - Log 30 minutes of exercise per day  
Do this for 30 days to complete the contest. Expires 03/03/2024

SEP 21 This goal is achievable each day

0 min.

Source: Device Captured, Device Not Validated, Professionally Sourced

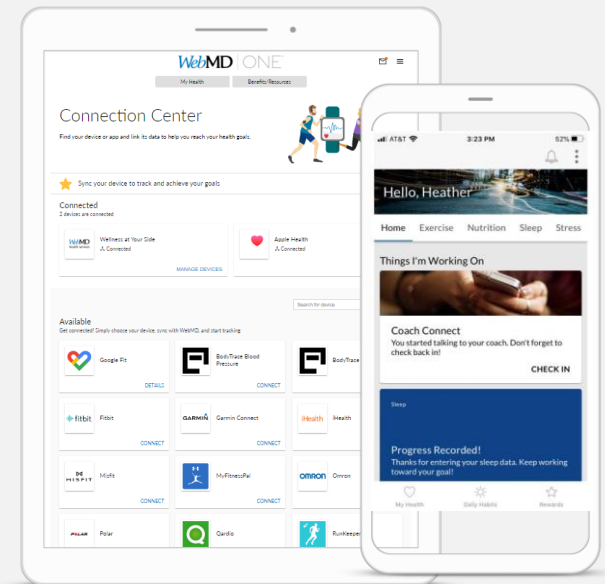
[Return to the Rewards Page.](#)

History

# Device & App Connection Center

Seamless integration with over 400 different devices and apps.

- NOTE: Users need to download the WAYS app to integrate with Apple Health and Google Fit.
  - You will be prompted to connect after logging into the WAYS app.





# Device Storefront

- Every benefit-eligible employee receives a subsidy/voucher every two years
- The subsidy is redeemable in the online catalog as a voucher using your health benefits UID# (located on the front of your health benefits card)
- Subsidy can be used to obtain a Garmin Vivofit 4 or Fitbit Inspire 3 at no additional cost
- You may apply the value of your voucher 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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# How to Get to the Device Storefront


The link to the Device Storefront is in the TAKE ACTION section on the Homepage; and Select 'GO NOW' to access the InVite Fitness website.

**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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# Contact Us Page

This displays at the bottom of each page

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Contact Us



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[See additional information.](#)



ACCREDITED  
Health Website  
Expires 07/31/2020



HITRUST  
GSF Certified



Contact Us

## Welcome. How can we help you?

WebMD Customer Support is available 8:00 AM to 8:30 PM Monday-Friday (Eastern Time). To speak immediately with a WebMD Customer Support representative, please call 866-761-3218.

Topic \*

Make a selection

Message \*

If a health condition is causing your concern, consult a health care professional for specific advice or treatment. Thank you!

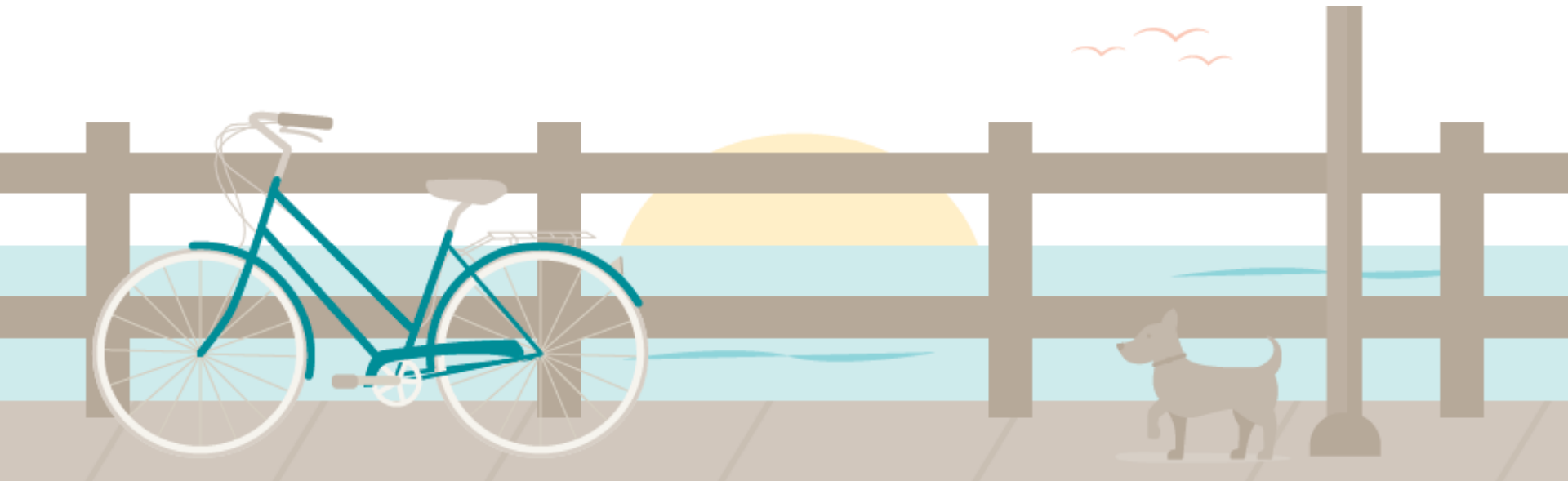
**Please Do Not Request Medical Advice.**

In order to better protect your privacy do not include any Personal Health Information in this form.

SUBMIT

## Questions?

WebMD Customer Service is available Monday – Friday 7:30 am – 7:00 pm CT. at (877) 855-9430.





# Thank You

1-800-456-5974

[www.county.org/healthycounty](http://www.county.org/healthycounty)

[www.county.org/group-health](http://www.county.org/group-health)

[healthycounty@county.org](mailto:healthycounty@county.org)



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