

To: HR Reps - please post information

HealthSelect

HealthSelect participants, (employee and covered dependents) have access to programs that can help you lose weight or quit smoking. These programs are included as part of your coverage and **free of charge**.

Blue Cross and Blue Shield has developed the Weight Management Motivational Toolkit and the Tobacco Cessation Motivational Toolkit.

The applicable toolkit will only be sent to members who call and talk to a Blue Care Advisor, who will evaluate the members readiness to takes steps toward reaching and maintaining a healthy weight or stop smoking. In some instances, a Blue Care Advisor will contact a member, while in other situations the member may initiate the call with the Blue Care Advisor. If members are identified as motivated and ready to begin managing their weight or to stop smoking, they will be assigned to a Wellness Coach and receive a welcome letter and the applicable motivational toolkit.

The Weight Management Motivational Toolkit includes a program guide, a Travel Fitness Kit, a body tape measure, a Fitness Wheel, a Fitness Journal and a Fast Food Slide Guide. All designed to help the member to succeed in attaining their goals.

The Tobacco Cessation Motivational Toolkit includes a program guide, a Bounce-back Ball, a meditation CD, sugar-free gum, a wallet card with tips for quitting smoking without gaining weight, and *The Little Book of Quitting* by Allen Carr.

HealthSelect participants can contact Blue Cross and Blue Shield Customer Service at 1-800-252-8039 for more information.

Information flyers for the Blue Cross and Blue Shield Weight Management and Tobacco Cessation have been placed on the TDCJ Wellness Initiative Now (WIN) website at <http://www.tdcj.state.tx.us/win/>

Health Maintenance Organizations (HMOs)

Employees with health coverage with one of the state HMOs can contact their HMO to find out about wellness programs offered.

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