

Healthy County Programs

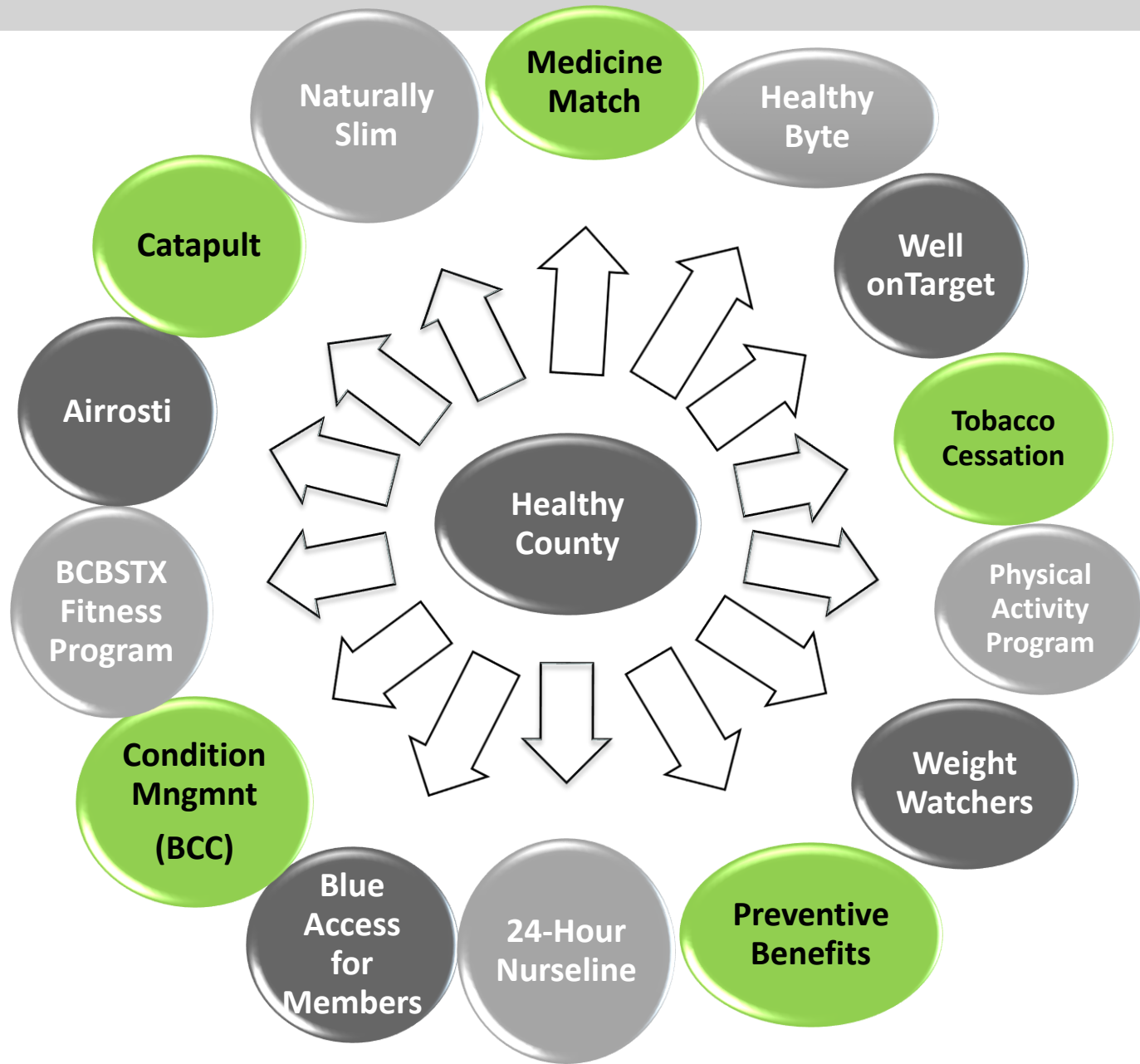




Together.
Better.
Stronger.

TEXAS ASSOCIATION *of* COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Healthy County Programs and Resources



MyBenefits.County.Org



Welcome to MyBenefits.County.Org, the Texas Association of Counties Health & Employee Benefits Pool (TAC HEBP) Online Enrollment System.

TAC HEBP provides a wide range of benefit programs to Texas Counties and their employees. Your employer has selected a package of benefits for you that can be accessed via this website. To access this secure site, you will need your UID, available on your BCBSTX card or from your County Contact.

Returning Users

If you already have a password and are ready to login, enter the last 9 numeric characters of your User ID (UID) and your password and select [Login].

UID

PASSWORD

Login 

New Users or New Passwords

If this is your first time visiting the site or you have forgotten your password, select [Create Password] to create or reset your password.

Create Password 



Hello **ASHLEY A CURETON**,

Welcome to your online portal for health care benefits of the Texas Association of Counties Health & Employee Benefits Pool. Here you can find information about and make changes to your benefits. It's another service of TAC HEBP.

★ **Get Your Benefits Information**

- Connect with your health care resource team
 - Blue Cross and Blue Shield of Texas
 - Caremark
- Learn about services of the Texas Association of Counties
 - Find a variety of resources for county officials and their staff
 - Register online for education events
- TCDRS
- Follow us on facebook



★ **My County Benefits**

- Benefit Summaries
- Forms

★ **Get Enrolled**

- Review your benefit current election
- Change enrollment based on a family status change (marriage, birth, etc.)
- Annual enrollment or new hire/newly eligible enrollment

Welcome to your Healthy County resource center for the Texas Association of Counties Health & Employee Benefits Pool. Here you can access various programs that can help you manage your health.

★ **Healthy County Portal powered by Provant**

- Healthy County's physical activity program.
- Wellness Challenges.
- Activity trackers.
- Device storefront.
- Tracking of wellness activity completion.
- Online health education courses and tools.
- Healthy Lifestyle Reward redemption (participating counties only).

★ **Blue Cross and Blue Shield of Texas**

- Access Well on Target, Health Risk Assessment, health information and support.
- Review claim status and Explanation of Benefits (EOB).
- Find a doctor or hospital.
- Reach the 24 Hour Nurseline by calling them at 1 (866) 412-8795.

★ **Healthy County Wellness Program**

The Texas Association of Counties Health and Employee Benefits Pool (HEBP) invites you to participate in Healthy County, our wellness program.

TAC HEBP is dedicated to providing consistent, valuable services and support to our members.

Our state-wide wellness initiative is a shared-responsibility approach to reducing health risks and decreasing costs of preventable illness.

As a member of TAC HEBP, your county has access to the Healthy County wellness program which offers a variety of ways for county employees to get — and stay — healthy!

★ **Healthy Byte E-Newsletter**

We've got something brand new at Healthy County. It's a monthly email that will inspire you with ideas for incorporating wellness into your daily lives, plus give you exclusive access to Healthy County news and upcoming program announcements.

★ **Texas Association of Counties Home Page**

Learn about services of the Texas Association of Counties.

★ **Texas County & District Retirement System (TCDRS)**

Learn more about your retirement benefits. (log in required)

★ **Follow us on facebook by clicking the Like button!**



Learn more about Healthy County programs. Receive up-to-date information on various health-related topics such as nutrition and exercise. Fans also get healthy recipes!

Provant's Humology Portal



Once registered you will need only your username and password.

First time users, click "Sign Up"

Healthy County *powered by Provant*

24/7 access to a variety of tools to help you improve, maintain, or learn more about your health – at your convenience.

- **Plan and track** a healthy menu or exercise routine.
- **Health challenges** are hosted on the website and are also available on a mobile app.
- **Wellness workshops** help you learn about a variety of health topics.
- Read articles in the **health library**.
- Every benefit-eligible employee will receive a **\$30 device subsidy/voucher** every 3 years.
- Complete challenges and earn a **\$50 Amazon Gift Card**.



Provant's Humology Portal

To register on the portal:

1. Health Benefits Number (903XXX)
2. Date of Birth
3. Complete the Capcha code
4. Click and accept "Terms of Use"

Healthy County Together. Better. Stronger.

TEXAS ASSOCIATION of COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

9-digit health benefits number: 9032xx

Birth Date:

Month Day Year

I'm not a robot

reCAPTCHA
Privacy - Terms

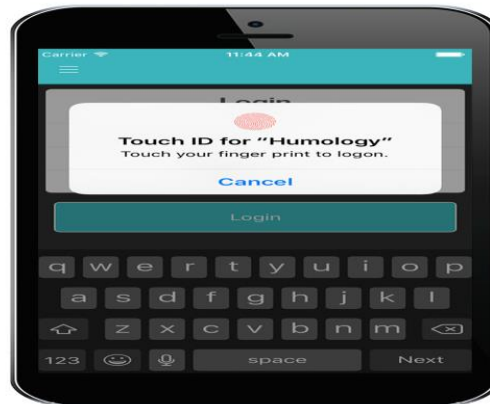
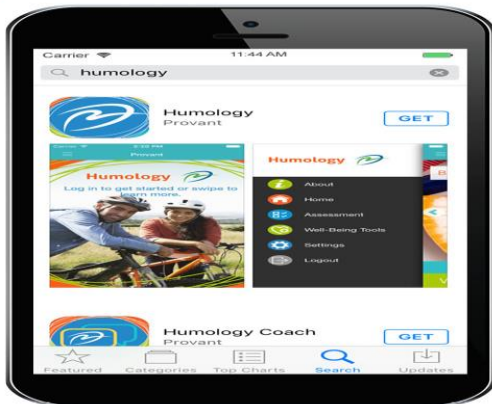
Cancel Terms Of Use

Texas Healthy County
Powered By Provant

THINK HEALTHY

Mobile App

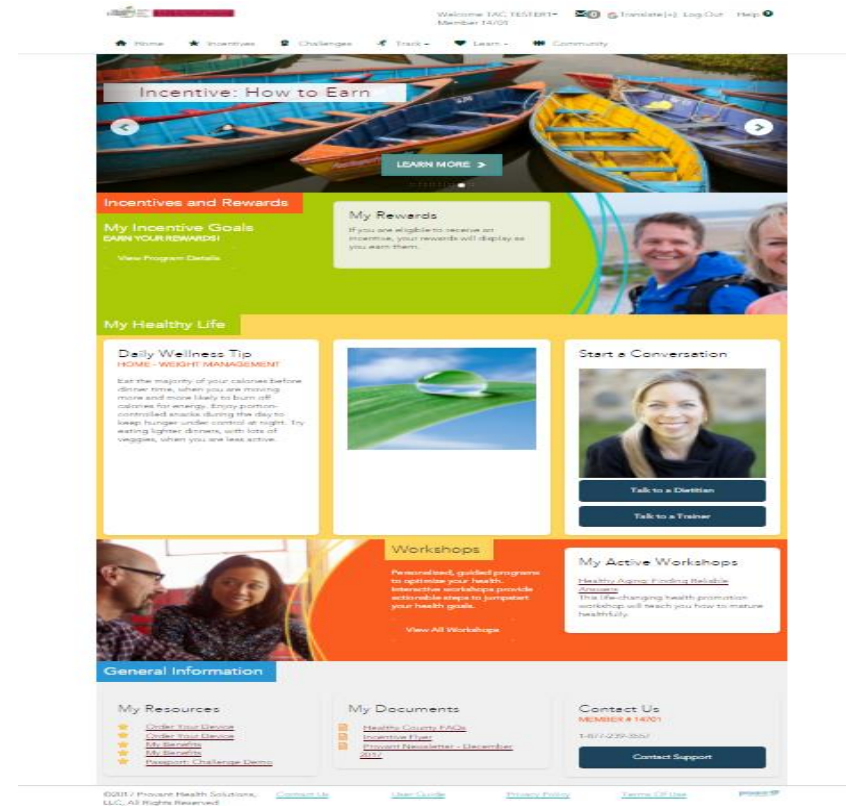
Take your portal with you using the 'Humology' mobile app



Home Page

The Homepage allows for easy navigation and includes:

- Top Navigation bar
- Health County Announcement Section
- Incentive and Reward Area
- My Healthy Life
 - Daily Wellness Tips
- Workshops
 - 34 to choose from
- General Information
 - Resources & My Documents



Navigation



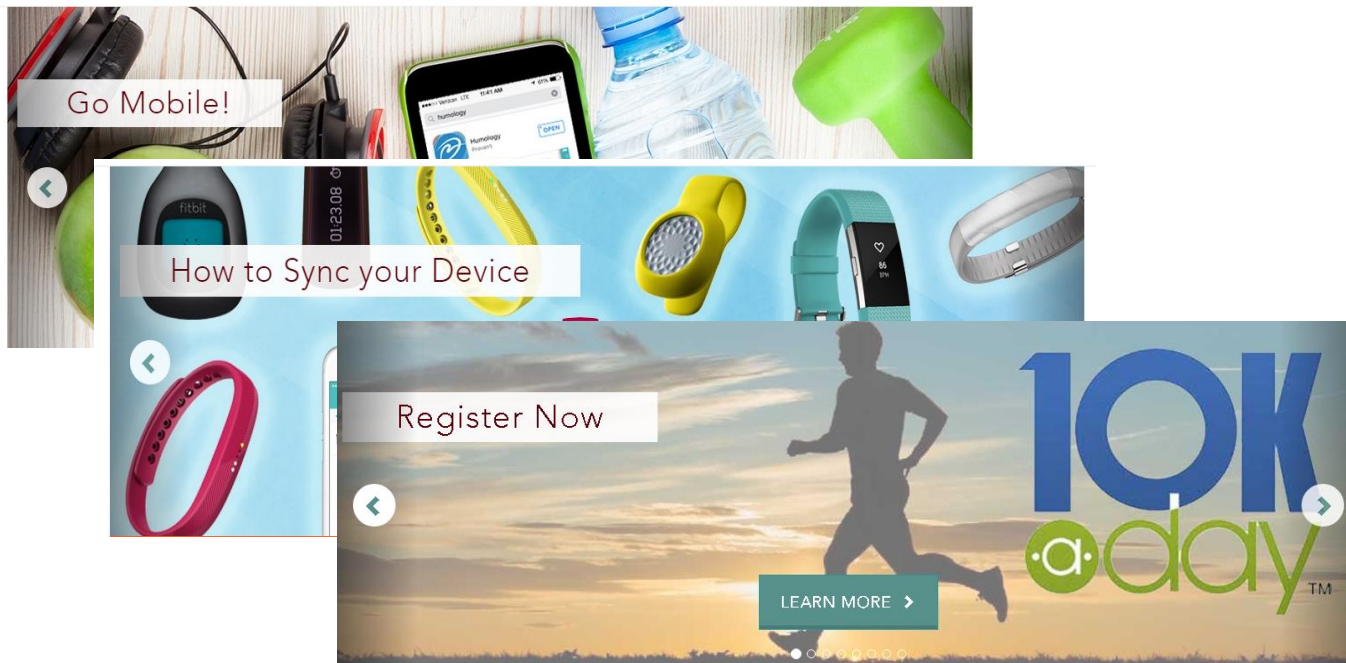
Welcome TAC TESTER1 ▾   Translate [+] Log Out Help 

 Home  Incentives  Challenges  Track ▾  Learn ▾  Community

- The navigation allows you to get to all of the portals features within a few clicks
 - Many areas are also accessible through the other areas of the home page
- The Healthy County portal can be translated into over 100 languages using google translate
- Help is just a click away. If you have any questions hit the **Help** button on the top right hand corner and our team of customer service experts will answer any of your questions.

Portal Announcements

The Healthy County announcement area is updated frequently with important program information. Please check back often for updates to ensure you are well informed!



Click “**Learn More**” for detailed information on each Healthy County announcement

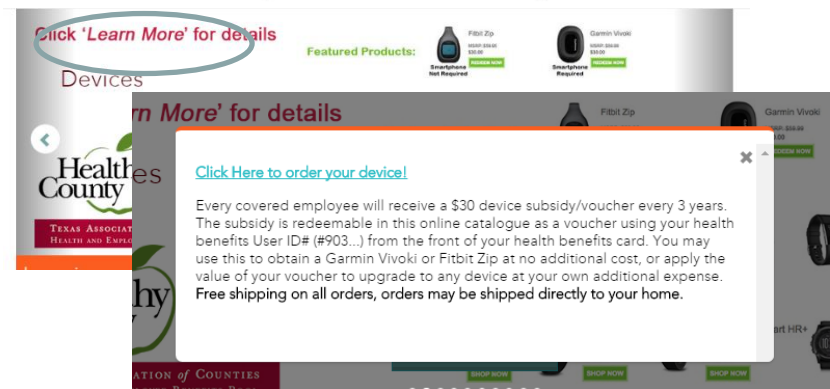
Device Storefront

UNDER CONSTRUCTION
CONTENT WILL BE AVAILABLE SOON

2 easy ways to access the device storefront:

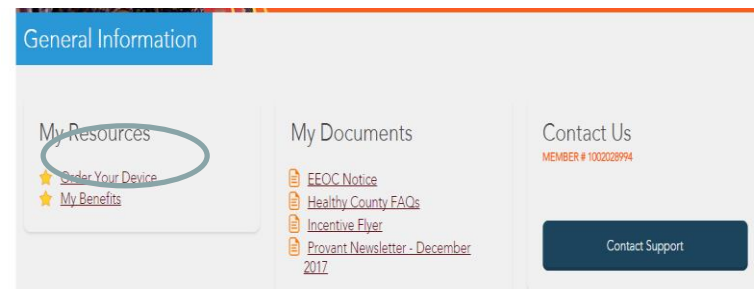
1. Announcement Section

- Scroll thru all announcements



2. General Information:

- Under My Resources



Device Storefront

The device storefront is set up to allow you to choose the device that works best for you.

- Featured Products
- Crazy Deals
- Smartphone required
- Free Shipping on all orders which may be ship directly to your home



* Every covered employee will receive a \$30 device subsidy/voucher every 3 years.
* The subsidy is redeemable in this online catalogue as a voucher using your Health Benefits User ID# (MS03...) from the front of your health benefits card.
* You may use this to obtain a Fitbit Zip or Garmin Vivofit at no additional cost.
* Or you may apply the value of your voucher to upgrade to any device at your own additional expense.
* Free shipping on all orders. Orders may be shipped directly to your home.

Please note, before connecting your device to the Healthy County portal, you must register and connect your device to the manufacturer's website or smart phone app.

Featured Product:



Fitbit Zip



Garmin Vivofit

UNDER CONSTRUCTION
CONTENT WILL BE AVAILABLE SOON

fitbit
Smartphone Required



Fitbit Flex2
MSRP-\$24.99
TEMPORARILY UNAVAILABLE



Fitbit Alta
MSRP-\$24.99
CHECK NOW



Fitbit Alta HR
MSRP-\$24.99
CHECK NOW



Fitbit Charge2
MSRP-\$24.99
CHECK NOW



Fitbit Blaze
MSRP-\$24.99
CHECK NOW



Fitbit Surge
MSRP-\$24.99
TEMPORARILY UNAVAILABLE



Fitbit Ionic
MSRP-\$24.99
TEMPORARILY UNAVAILABLE



Fitbit Flyer
MSRP-\$24.99
TEMPORARILY UNAVAILABLE



Fitbit Aria 2
MSRP-\$24.99
TEMPORARILY UNAVAILABLE

GARMIN



Garmin Vivofit3
MSRP-\$24.99
CHECK NOW



Garmin Index Scale
MSRP-\$24.99
CHECK NOW

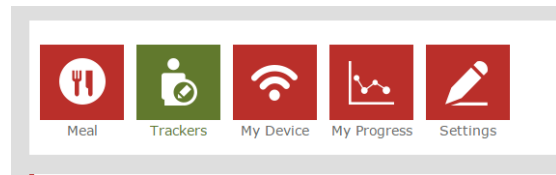


Garmin Vivosmart HR
MSRP-\$24.99
CHECK NOW

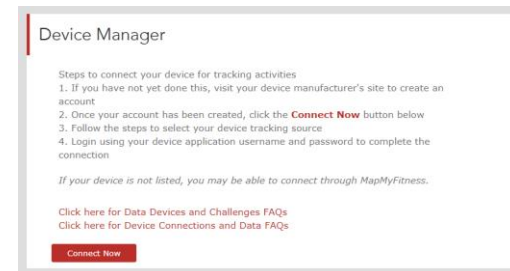
Adding a Device

- You must set your device up with the manufacturer before you can sync to the Healthy County portal

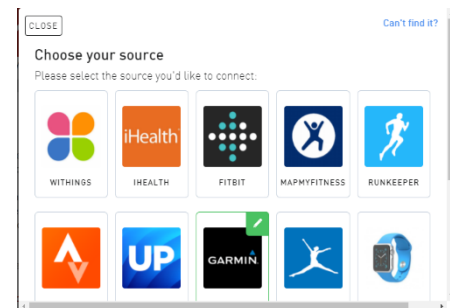
Step 1: Click “My Device”



Step 2: Click “Connect Now”



Step 3: Select your source



2018 Healthy County Challenges



Feb. 12- Mar. 25



Apr. 23- Jun. 17



Jul. 16- Aug. 26



Oct. 1- Nov. 11



February 12, 2018 – March 25, 2018

- Enhance your fitness as you travel virtual routes making stops at spectacular sites along the way of this 6 week challenge.
- Interactive message board – comment on the program or simply view the walking expert's posts.
- Join or start a team from 2-40 colleagues or play as an individual.
- Be sure to review the Healthy County Leaderboard.




REGISTRATION IS OPEN!!





April 23, 2018 – June 17, 2018

- Warmer Temps and More Daylight – Now is the time for you to Spring Into Motion!
- Team Participation and buddy features for Friendly competition and support.
- Be sure to review the Healthy County Leaderboard.
- You earn “Springers” for activity levels each day.

	30-44 minutes/6000-7999 steps = green
	45-59 minutes/8000-9999 steps = orange
	60+ minutes/10,000+ steps = pink.





July 16, 2018 – August 26, 2018

- Focus on eating habits anyone can adopt: choosing diverse, colorful fruits and vegetables every day.
- Each serving of vegetables counts for two points, and fruit servings are one point.
- Your daily goal is eight points, with an overall goal of 240 points (that's five servings of fruits and vegetables, five days per week!).



- From the US through Europe and Asia, you'll be on a virtual tour of autumn's most vibrant landscapes.
 - ❖ By memorable monuments, over rolling hills and past clear lakes.
- County Leaderboard – Average leaf score (accumulation of leaf points)
 - ❖ Red leaf – 3 points
 - ❖ Orange leaf – 4 points
 - ❖ Gold leaf – 5 points.



30-44 minutes / 6000-7999 steps = **red**



45-59 minutes / 8000-9999 steps = **orange**



60+ minutes / 10,000+ steps = **gold**.

Challenges

[Home](#) [Incentives](#) [Challenges](#) [Track](#) [Learn](#) [Community](#)

Register Now

LEARN MORE >

10K
a day™



Incentives and Rewards

How to Register

[Home](#) [Incentives](#) [Challenges](#) [Track](#) [Learn](#) [Community](#)

My Challenges

Company Personal

Current Challenges

10K for TAC

Countdown

55

Days Left

This challenge will end on:
03/25/2018



10K for TAC

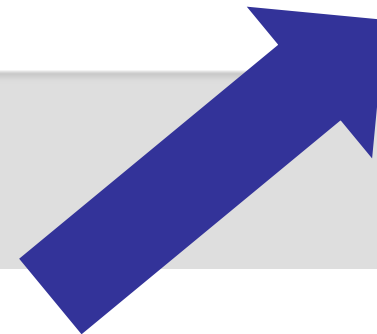
Start Date: 02/12/2018

End Date: 03/25/2018

10K-A-Day is an inspiring 10,000 steps-a-day journey designed to help you move more and have fun as you visit fascinating places along virtual routes.

Registration: 01/29/2018 - 02/19/2018

[View](#)





[WHAT](#)

[WHO](#)

[HOW](#)

[WHEN](#)

[TEAM](#)

[REGISTER](#)

What is *10K-A-Day*?

10K-A-Day is an inspiring 10,000 steps-a-day journey designed to help you move more and have fun as you visit fascinating places along virtual routes. By wearing a tracking device that automatically records your steps online, you'll boost your energy and improve your health as you enjoy the benefits of an active lifestyle.



[contact](#) [privacy](#) [terms](#) [faq](#) [step conversions](#)

Complete Registration Form on the Next Page

Incentives and Rewards

[Home](#) [★ Incentives](#) [Challenges](#) [Track](#) [Learn](#) [Community](#)

Register Now

10K
a day™

LEARN MORE >

Incentives and Rewards

The banner features a silhouette of a runner against a sunset background. A large blue arrow points from the 'Register Now' text towards the 'Incentives' menu item. The '10K a day' logo is prominently displayed on the right. A 'LEARN MORE' button is centered at the bottom of the banner. The bottom of the banner has a color gradient bar with the text 'Incentives and Rewards' on the left.

Incentives and Rewards



Welcome to your Incentive Program!

Program Overview

[Hide detail](#)

Program Instructions

Complete 3 of 4 offered challenges in 2018 to earn a \$50 Amazon gift card. All employees enrolled in the county medical plan are eligible to participate. You must register for each challenge to participate and earn completion.

10K A Day: February 12-March 25

Spring Into Motion: April 23-June 17

Colorful Choices: July 16-August 26

Walktober: October 1-November 11

Employee start date for benefits on or after 4/9/18: Complete 2 of 4 challenges to receive \$50 Amazon Gift Card

Incentives and Rewards area will allow you to see where you are in the program.

Incentives and Rewards

The Incentives page will show you the current program – and in the future, any past programs you were eligible for.

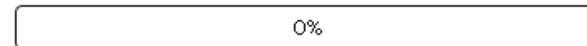
As you complete the challenges and earn credit, you will see the results update to be ‘Complete’

Goals and Activities





ACTIVE

[Hide Detail](#)

Complete 3 of 4 Challenges



Due: 12/31/2018

-  10K-A-Day Challenge
-  Spring Into Motion Challenge
-  Colorful Choices Challenge
-  Walktober Challenge

Result: **Not Complete**

[View](#)

Result: **Not Complete**

[View](#)

Result: **Not Complete**

[View](#)

Result: **Not Complete**

[View](#)

Healthy Lifestyle Rewards

- Employees who complete 3 out of the 4 challenges will earn the \$50 Amazon Gift Card
 - If an employee is unable to meet the minimum requirements due to medical or disability reasons, please have the employee contact Provant's Customer Service team
- Employees whose benefits are effective on or after April 9, 2018 must complete 2 challenges to earn the incentive

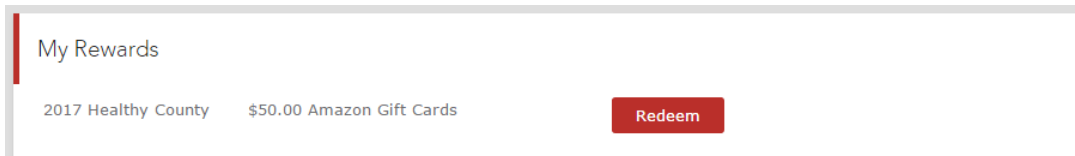


Incentives and Rewards

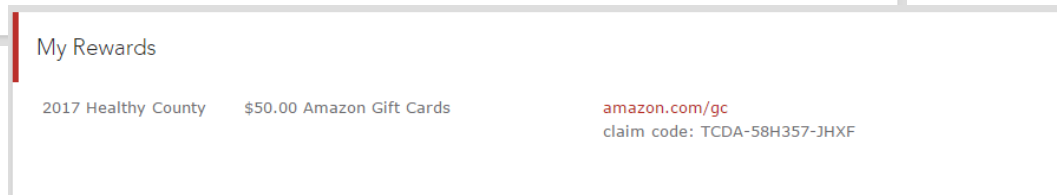
Once the 3* challenges have been successfully completed, participants are eligible to redeem their \$50.00 amazon gift code right from the portal.



Home Page



Rewards Page



**Employees with a health benefits effective date on or after 4/9/18:
Complete 2 of 4 challenges to receive \$50 Amazon Gift Card*

My Healthy Life

A **Daily Wellness Tip** that will give you great information all year long.

Talk to a Dietician & Talk to a Trainer buttons allow you to send questions to one of Provant's Registered Dietician's or Exercise Physiologist's and get a response in about 24 hours!


My Healthy Life

Daily Wellness Tip

HOME - PROVEN SUPER FOODS FOR HEALTH

Munch on a handful of raw pumpkin seeds. Raw pumpkin seeds contain 2 milligrams of vitamin K per 1-ounce serving or about twice as much as roasted pumpkin seeds. Add one ounce of raw pepitas to your diet to get about 2% of your daily recommended vitamin K intake, according to the Linus Pauling Institute.

Start a Conversation



Talk to a Dietitian

Talk to a Trainer

Workshops



Workshops

Personalized, guided programs to optimize your health. Interactive workshops provide actionable steps to jumpstart your health goals.

[View All Workshops](#)

My Active Workshops

Take Workshops to learn about interesting health-related topics

34 workshops with topics ranging from specific conditions to overall health and wellness topics – available anytime!

Workshops

Workshops

Available Workshops [Hide detail](#)

- Healthy Nutrition through Life**
6 Sessions
This health promotion workshop will help you to establish better eating habits. This interactive session serves as a guide to learning about the basic food groups and healthy eating.
[Sign up!](#)
- Promoting Women's Preventive Health**
8 Sessions
Women have different health screening needs depending on their age, gender and culture. This workshop focuses on the special needs of women and their health.
[Sign up!](#)
- Effective Ways to Relieve Back Pain**
6 Sessions
This quick informational workshop will offer prevention tips to ease lower back pain. You will learn science-based treatment options to alleviate symptoms of low back discomfort.
[Sign up!](#)

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

My Workshops [Hide detail](#)

- Active Workshops
- Workshops Queue
- Completed Workshops

Scroll through the tiles for details on each of the available workshops

The tiles at the bottom will show any workshops you are currently active in, anything you've marked to take and any workshops you've completed

General Information

The screenshot shows a user interface for the 'General Information' section. At the top, there is a blue header with the text 'General Information'. Below this, the page is divided into three main columns. The first column, titled 'My Resources', contains two items: 'Order Your Device' and 'My Benefits', each preceded by a yellow star icon. The second column, titled 'My Documents', contains four items: 'EEOC Notice', 'Healthy County FAQs', 'Incentive Flyer', and 'Provant Newsletter - December 2017', each preceded by a document icon. The third column, titled 'Contact Us', displays the member ID 'MEMBER # 1002028994' and a dark blue button labeled 'Contact Support'.

General Information

My Resources

- ★ [Order Your Device](#)
- ★ [My Benefits](#)

My Documents

- [EEOC Notice](#)
- [Healthy County FAQs](#)
- [Incentive Flyer](#)
- [Provant Newsletter - December 2017](#)

Contact Us

MEMBER # 1002028994

Contact Support

Important items for you to access are going to be housed in the General Information area either in the *My Resources* or *My Documents* section. You're also able to contact Provant using the "Contact Support" button

Welcome to your Healthy County resource center for the Texas Association of Counties Health & Employee Benefits Pool. Here you can access various programs that can help you manage your health.

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★ **Follow us on facebook by clicking the Like button!**



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Getting Started

- Read and Accept the Terms of Use



Terms of Use

Blue Cross and Blue Shield of Texas (BCBSTX) offers Blue Access for MembersSM (BAM), a website that provides information about plan benefits and resources to manage your health. These Terms of Use govern your use of BAM.

Please read these Terms of Use in their entirety, since they constitute a binding agreement between you, us and our licensors. Each paragraph provision contained in these Terms of Use is vitally important and requires your agreement and compliance. They may be lengthy, but health care is a highly regulated industry and many of these provisions are legally required.

Be sure to read each of the following sections using the following quick links listed below.

- [Introduction](#)
- [Your Responsibilities](#)
- [Our Responsibilities](#)
- [Privacy Statement](#)
- [Online Security and Website Links](#)
- [Content and Website Information](#)
- [Explanation of Benefits \(EOBs\)](#)
- [Miscellaneous](#)
- [Contact Us](#)

Blue Access for Members (BAM)



- Home
- My Coverage
- Claims Center
- My Health
- Doctors & Hospitals
- Forms & Documents



Welcome [REDACTED]

Message Center

You have 0 new messages.

⚠ 03/07/2017
[REDACTED]

▼ View all messages

Quick Links

- 🏠 Identity Protection
- 📄 Well onTarget [↗](#)
- 💊 Prescription Drugs [↗](#)
- 👤 Fitness Program [↗](#)
- 🌳 Stop receiving paper statements

▼ View all quick links

MY COVERAGE

Plan Type: PPO

Group Number: [REDACTED]

ID Number: [REDACTED]

Medical Benefits

PPO

Individual Deductible

Family Deductible

Individual Out of Pocket Maximum

Family Out of Pocket Maximum

Coinsurance

[View medical benefits >](#)

Prescription Drug Copay



My Care Profile



Blue Button
Learn how to get your health care profile electronically

[Get Started >](#)

Blue Access for Members (BAM)



- Home
- My Coverage
- Claims Center
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Welcome [REDACTED]

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You have 0 new messages.

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View all messages

Quick Links

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View all quick links

MY COVERAGE

Plan Type: PPO

Group Number: [REDACTED]

ID Number: [REDACTED]

Medical Benefits

Individual Deductible

Family Deductible

Individual Out of Pocket Maximum

Family Out of Pocket Maximum

Coinsurance

[View medical benefits >](#)

Prescription Drug Copay



My Care Profile



Blue Button
Learn how to get your health care profile electronically

[Get Started >](#)

Member Wellness Portal

Portal Highlights

- Health Assessment
- Member dashboard
- Self-directed courses
- Trackers and tools
- Interactive symptom checker
- Health & wellness content
- Food and exercise diary
- Social networking
- Text messaging
- Life Points rewards
- Fitness Program
- New Mission: Well Challenges

Well onTarget®

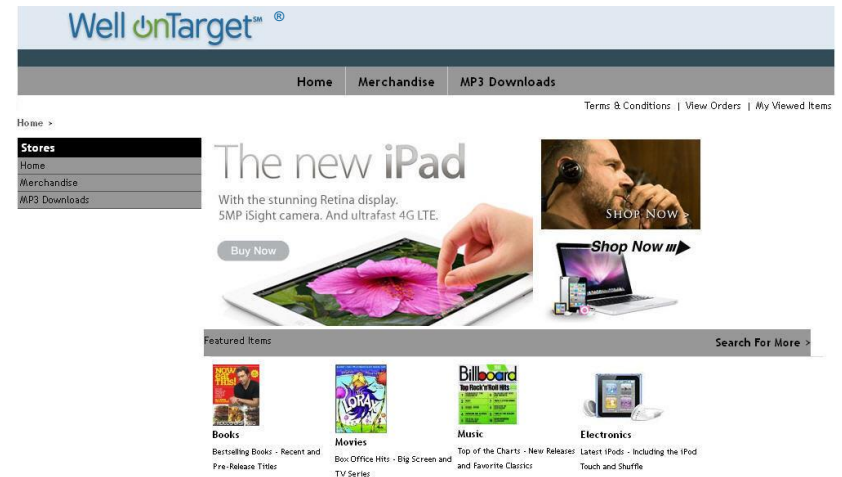


TEXAS ASSOCIATION *of* COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Member Rewards with Life Points

Reward Yourself!

- Earn points for multiple wellness and fitness activities, completion of online courses, and more
- Redeem points in the Shopping Mall for a variety of items



Blue Access for Members (BAM)



- Home
- My Coverage
- Claims Center
- My Health
- Doctors & Hospitals
- Forms & Documents



Welcome [REDACTED]

Message Center

You have 0 new messages.

⚠ 03/07/2017
[REDACTED]

View all messages

Quick Links

- Identity Protection
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- Prescription Drugs
- Fitness Program
- Stop receiving paper statements

View all quick links

MY COVERAGE

Plan Type: PPO

Group Number: [REDACTED]

ID Number: [REDACTED]

Medical Benefits

PPO

Individual Deductible	[REDACTED]
Family Deductible	[REDACTED]
Individual Out of Pocket Maximum	[REDACTED]
Family Out of Pocket Maximum	[REDACTED]
Coinsurance	[REDACTED]

[View medical benefits >](#)

Prescription Drug Copay

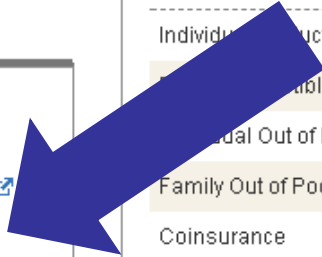


My Care Profile



Blue Button
Learn how to get your health care profile electronically

[Get Started >](#)



BCBSTX Fitness Program

- Access to any Fitness Center in the network
- \$25 Enrollment Fee
- \$25 Monthly Fee
- No Contract

Anytime Fitness: College Station
Planet Fitness: Bryan and College Station
St. Joseph Rehabilitation Center
Snap Fitness

Make Your Fitness Program Membership Work for You!

Fitness can be easy, fun and affordable. Well onTarget makes it possible with the Fitness Program.

Available exclusively to members and their covered dependents (age 18 and older), the Fitness Program provides:

- Flexible membership, no long-term contract required. Enroll for a one-time fee of \$25 and \$25 per member per month.*
- Unlimited access to a nationwide network of more than 8,000 participating fitness centers.
- Online fitness center locator and views of your fitness center visits online.
- Easy online enrollment; automatic monthly payment withdrawal.
- Access to discounts through a nationwide Complementary and Alternative Medicine (CAM) network of 40,000 health and well-being providers such as massage therapists, personal trainers and nutrition counselors.
- Up to 500 Life Points™ per week for regular visits. You will earn a bonus 2,500 Life Points for joining the Fitness Program. Redeem points for apparel, books, electronics, health and



The Fitness Program opens the door to a network of more than 8,000 fitness centers for only \$25 per month! And you'll

Fitness Program LOCATIONS | LOGIN

Home Search for Fitness Centers Help

Learn about the Fitness Program... Get Started Now

Do Active, Have Fun, Get Fit.

Now, there's a program designed to make it easier for you to get fit, feel good and have fun while doing it!

The Fitness Program makes it easier for you to:

- Fit a quick workout into your busy day when it's convenient for you, wherever you are.
- Find the fitness center near fits you without the hassle of an annual commitment.
- Enjoy unlimited access to multiple fitness center locations for one low monthly fee.
- Meet new friends and have fun!

Enroll in the Fitness Program today to enjoy the benefits of a healthier you!

Find Fitness Centers Near You and Enroll Today

Search for participating locations near you by entering your zip code and desired search distance below. Take the next step to becoming the fitter, healthier person you want to be by enrolling in the Fitness Program today.

Search for Fitness Centers

Enter ZIP Code

Search Distance **25 Miles**

[Find Fitness Centers](#)

Enroll Now!

When you join the Fitness Program, you get unlimited access to a network of fitness centers, all for one low monthly fee. Search or enroll today!

[Begin Enrollment](#)

Frequently Asked Questions

[What fitness centers are part of the Fitness Program?](#)

[Why join the Fitness Program when I can find a less expensive option?](#)

[Do I have to pay taxes on my membership?](#)

[Am I locked into a contract when I enroll in the program?](#)

[What is the Fitness Program?](#)

Condition Management

Programs available to support you if you're managing the following health conditions:

asthma

coronary artery
disease

diabetes

congestive
heart failure

high blood
pressure

wide range of
cancers

lower back pain

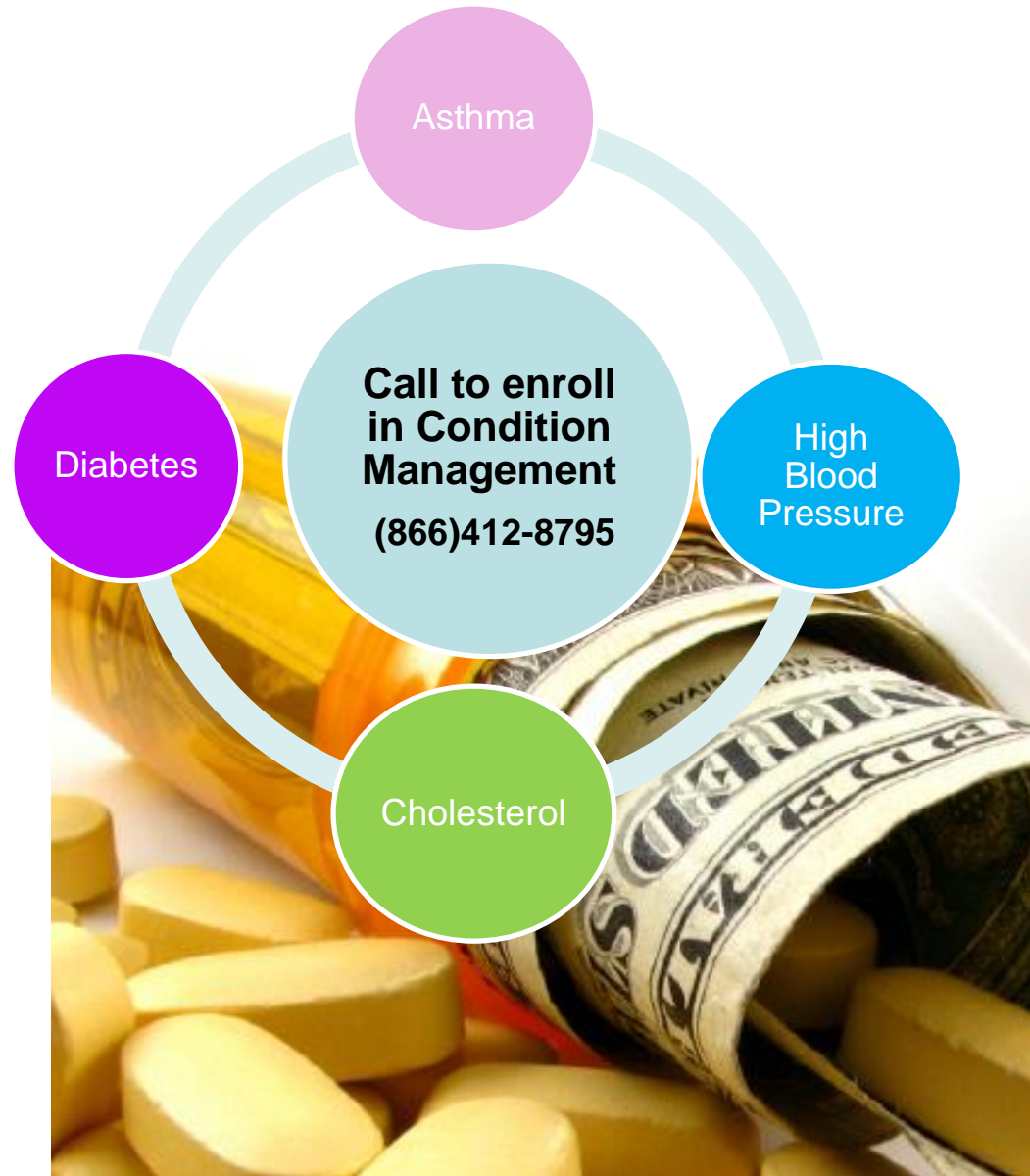
- Adopt healthier behaviors
- Set health goals
- Learn to manage your medical condition more effectively

(866)412-8795

Call to enroll in Condition Management.

Medicine Match

When you enroll in Condition Management through BCBSTX, you automatically receive a 50% discount for the medications you fill at your pharmacy or mail order to manage these conditions.



Nurseline 24/7

Registered nurses offer health care information
by phone 24 hours a day, 7 days a week.

(800)581-0368



Tobacco Cessation

- Provides Personal Coaching
- Online tools and self-directed course
- Prescriptions available for \$0 copay





OPTION ONE

Weeks: 12
Minimum Number of employees: 15
Cost: \$156.00
Reimbursement: \$125
Payment Options: credit/debit card, personal check, 3-part split payment or payroll deduction if offered by county

OPTION TWO

Weeks: 17
Minimum Number of employees: 20
Cost: \$186.00
Reimbursement: \$150
Payment Options: credit/debit card, personal check, 3-part split payment or payroll deduction if offered by county

- Participants must attend 80 percent of the meetings (at their worksite) to receive reimbursement:
 - 14 out of 17 meetings OR 10 out of 12 meetings
 - **Maximum Reimbursement: Once per calendar year.**
- **More information coming this month**



- Outcome-based care
- Rapid recovery for common conditions and injuries
- Opportunities to help avoid surgeries, imaging, or other unnecessary care
- Is available to provide Onsite Injury Assessments and Workshops- AT NO COST TO THE MEMBER
- A provider of BCBSTX; billed as a claim like chiropractor and physical therapy visits
- Provider: Troy Barnes: 3201 University Drive East, Suite 320

natura)(ySlim[®]



Program Details

Application dates: March 5-16, 2018

Program dates: April 2- June 10

Subscribe at: www.county.org/hcmonthly



HEALTHY BYTE

An e-newsletter from the Texas Association of Counties Health and Employee Benefits Pool

Healthy County
Together. Better. Stronger.

Volume 1, Issue 5

OCTOBER 16, 2014

Health Focus Article

October is Breast Cancer Awareness Month



October is Breast Cancer Awareness Month, which focuses attention on the more than 16,000 Texas women who were diagnosed with the disease last year alone...[read more](#)

Prostate Cancer – A Man Should Know His Risk



If you are a man, aged 50 or older, an annual prostate screening is recommended by the American Cancer Society...[read more](#)

Healthy Tip: Eat a Variety of Food Colors to Help Prevent Disease



Did you know that some foods can help prevent disease like cancer? Research has shown that certain foods have cancer-fighting properties and eating an overall healthy diet that includes colorful fruits and vegetables is critical to keeping your body healthy...[read more](#)

Wellness Program: Maintain No Gain Starting in November



[Maintain No Gain](#) is Healthy County's annual holiday challenge to encourage people to maintain their weight during the holiday season. This six-week challenge encourages healthy eating habits and consistent physical activity to decrease the average holiday weight gain of five pounds for the average Texan.



- Benefits & Wellness Portal
- Healthy County Website
- Healthy County Quarterly
- Condition Management
- Medicine Match
- Health Assessment
- Sonic Boom
- Weight Watchers
- Tobacco Cessation
- Contact Us!
- TAC Homepage

Questions

**Thank You for Attending
TAC Health and Employee Benefits Pool
(800)456-5974**

**www.county.org/healthycounty
www.county.org/healthbenefitservices**