

Partners for Health

Wherever you are in your journey, your BlueCross BlueShield of Texas plans can support you at no extra cost. Check out all the programs included at no added cost by logging into your Blue Access for Members portal at mybam.bcbstx.com.



Digital Mental Health

More than half of people will struggle with a mental health concern at some point in their lives. But you can learn new skills to break old patterns that may be holding you back. Digital mental health programs from Learn to live can help you get your mental health on track so you can feel better and enjoy life more.

- Learn to adjust unhelpful thoughts and control your moods
- An expert coach can guide you
- Your personal details are private

[Click here to watch a video about mental health.](#)



Diabetes and Hypertension Management

At no additional cost, members with diabetes or hypertension claims will receive an outreach call from a professional at Livongo, a digital health platform determined to empower you to take control of your condition.

If you choose to participate, you will receive digitally connected glucose monitors, scales, and/or blood pressure cuffs that will monitor and transmit your data in real time to your own personal Livongo coach, who will help you manage your condition.

Get started today. Download the Teladoc Health app, call 800-835-2362, visit the website, or text Go Well-BCBSTX to 85240 to learn more and join.



Women's and Family Health

Get support from Ovia Health's complete app suite to provide support from pre-pregnancy to delivery all the way through parenting and menopause. On top of being great tracking apps for every step of the parenting journey, Ovia Health helps manage both the children's and the mother's health, including support for postpartum depression.

Download the Ovia Health apps from the Apple App Store or Google Play. Make sure to choose "I have Ovia Health as a benefit," then select BCBSTX as your health plan.



Weight Loss Management and Metabolic Syndrome Reversal

A behavioral counseling program for weight management and metabolic syndrome reversal. There are no points, plans, or counting calories. Wondr teaches you the science of how to eat your favorite foods so you can lose weight, sleep better, stress less and so much more. Learn simple, behavioral skills that are clinically proven to improve health.

- Simple, repeatable skills through weekly master classes
- Reinforce and practice through weekly personalized curriculum
- Build momentum toward your healthiest self in the maintenance phase