

Additional Programs

OVIA HEALTH: A DIGITAL SUPPORT PROGRAM

Ovia Health provides maternity and family apps to support you through the entire parenthood journey. These apps are included in your health plan, offered through BCBSTX.

Download the app that's right for you:

Ovia – Reproductive Health, Fertility and Menopause

Ovia Pregnancy – Pregnancy & Postpartum

Ovia Parenting – Family & Working Parents

To create an account, choose “I have Ovia Health as a benefit” before tapping “Sign up.” Select BCBSTX as your health plan and enter your employer name.

DIABETES MANAGEMENT BY TELADOC® HEALTH

Teladoc Health's Diabetes Management program is designed to help you manage your diabetes better by providing a coach who can help support your efforts. You'll get a blood glucose meter that you can use to upload your blood sugar readings

Get access to readings, along with graphs and insights, from a mobile app and website. You'll also get unlimited, no-cost strips and lancets shipped to your door.

HYPERTENSION MANAGEMENT BY TELADOC HEALTH

The Hypertension Management program from Teladoc Health offers a blood pressure monitor combined with the power of personalized coaching. Your coach can help you stabilize your blood pressure, make sense of your readings and give feedback to easily track your progress.

You'll also learn to eat healthier and discover new ways to lose weight as well as better manage your medications.

WONDR™

Wondr is a weekly, self-paced, online program that teaches you how to manage your weight and improve your health without giving up your favorite foods. Wondr is based on Eatology™, the study of when, why and how we eat. It teaches common-sense skills to help you lose weight and keep it off in the real world, which leads to feeling your best. It can also reduce your risk for serious conditions like diabetes and heart disease. For more information, visit wondrhealth.com/pebc.

HINGE HEALTH

With the Hinge Health program, you'll have access to a new innovative digital program for chronic back, shoulder, neck, hip or knee pain. Use the app and wearable sensors for a personalized exercise therapy (done in your own home) that is shown to reduce pain from chronic conditions. You'll also get unlimited one-on-one coaching to help support you.

VIRTUAL VISITS BY MDLIVE

Whether you're at home or traveling, you and your covered dependents have access to 24/7 non-emergency care from a board-certified doctor or therapist through MDLIVE. The average wait time is less than 20 minutes.

FITNESS PROGRAM

Fitness can be easy, fun and affordable. The Fitness Program gives you unlimited access to a nationwide network of more than 10,000 fitness locations. You can visit locations while you're on vacation or traveling for work.

Other program perks include:

No long-term contract: Membership is month to month. Flexible plans from \$19 to \$129 per month and studio classes are available.

