

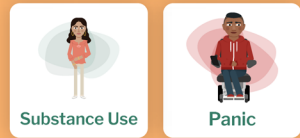
Learn to Live



BlueCross BlueShield of Texas

Texas A&M University System

Mental Health Support. Available Anywhere, Anytime.



Coach Erika
Hi Mark, how have things been going this week? I see you made it through lesson 2- have you been able to get some practice in with the STEPP Model?

Mark, Member
Hey Coach Erika. Overall, this week has been going well. I actually started working on a STEPP Model the other day, but got stuck towards the end.

Mindfulness Moment:
We all need warmth & kindness. Who do you wish to surround yourself with? Reach out to someone who lifts you up. Connect w/ them today.

Mindfulness Moment:
Drop stress as you eat. Enjoy your next meal slowly, taking time to notice texture & temperature. Crunchy? Hot? Feel food 3x this week.

Online Programs
Cognitive Behavioral Therapy (CBT) programs proven to be as effective as face-to-face therapy.

24/7 Coaching
Program guidance and support every step of the way via email, text or phone.

Mood-Boosting Tips
Weekly text messages with reminders to take a break in your day and focus on you.

Mental Health Made Easy.

-  No Cost
-  Self-Paced
-  Confidential
-  No Referral Needed
-  English and Spanish



Register at learntolive.com/welcome/BCBSTX using access code **BETTERME**

Blue Cross and Blue Shield of Texas members (ages 13+) have free access.





Ovia



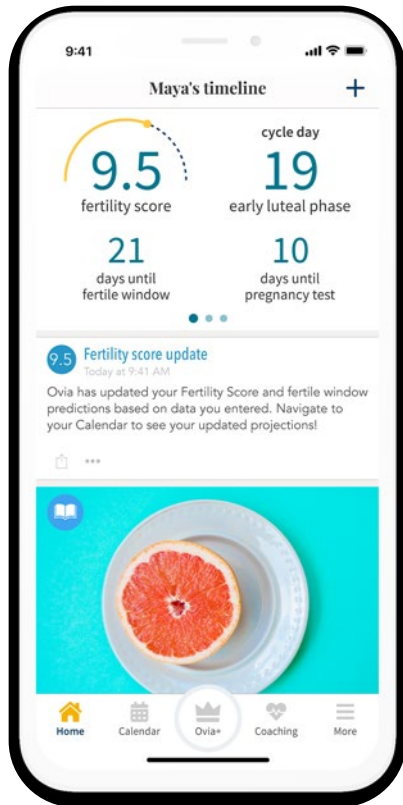
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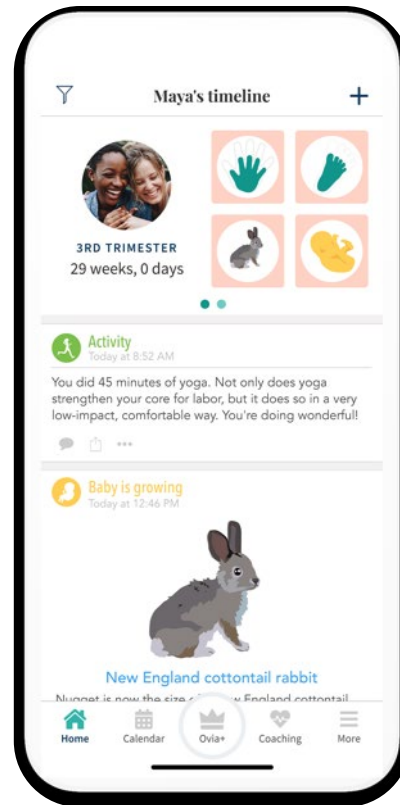
Ovia Supports Life's Entire Journey

oviahealth™

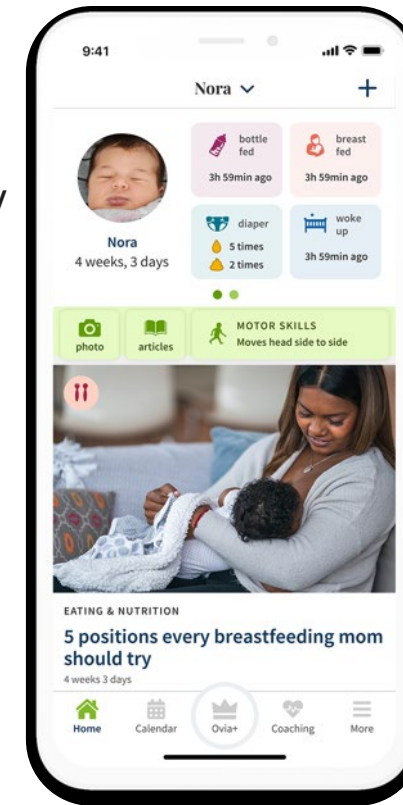
Fertility, Pregnancy, Parenting and Menopause



Support for reproductive health, fertility and menopause



Ongoing support for the healthiest, happiest pregnancy possible



A go-to resource for parents of children ages 0-17

Each Member's Journey is Unique

Clinical Pathways



- General health
- Irregular cycles
- Sexual health
- Cycle tracking
- Endometriosis education and mgmt.
- PCOS education and mgmt.
- Uterine fibroids education and mgmt.
- Birth control tracking and education
- Difficulty conceiving
- IUI
- IVF
- Hormone therapy
- Mental health education and support
- Choosing your birth team
- Male fertility
- Adoption resources
- Surrogacy resources
- Career and lifestyle
- Black women's health
- Perimenopause/Menopause



- General health
- Prenatal nutrition
- C-section
- Midwifery
- Choosing your birth team
- Patient advocacy
- Gestational diabetes prevention and mgmt.
- Preterm history
- Short cervix
- Progesterone tracking daily and weekly
- Mental health education and support
- Choosing a hospital
- Breastfeeding preparation
- Surrogacy resources
- Returning to work
- Moms at work
- Healthy weight gain
- Hypertension and preeclampsia prevention and mgmt.
- Birth spacing
- Black maternal health



Child Programs

- Preventative care
- Sleep
- Pediatric health
- Nutrition
- Breastfeeding
- Formula-feeding
- Behavior
- Allergy education and mgmt.
- Surrogacy resources
- Autism awareness and support

Parent Programs

- General health
- Postpartum health
- Breastfeeding support
- Mental health education and support
- Adoption resources
- Returning to work
- Moms at work
- Working parents
- Supporting parents in the NICU
- Birth spacing
- Black family health

Getting Started with Ovia



1

Download **the app that's right for you** from the App Store or Google Play.

2

When signing up, choose **I have Ovia Health as a benefit** before tapping **Sign Up** and select BCBS (State) as your health plan and enter your employer's name.

3

Already have an Ovia app on your phone?

1. Open your app and tap **Health** to take the Ovia Health Assessment.
2. Tap **Update my health care information** and select BCBS (State) as your health plan and enter your employer's name.



BlueCross BlueShield of Texas

THE TEXAS A&M
UNIVERSITY SYSTEM

“The greatest wealth
is health.”

-Virgil



Cindy Quinn
Texas A&M Wellness Coordinator
Cindy_Quinn@bcbstx.com