

# Collin College Medical and Mental Health Wellness Resources for Full-Time and Part-Time Employees

The following programs are for *Full-Time* employees enrolled in HealthSelect and Consumer Directed HealthSelect medical plans.

## Medical Resources:

<b>Buena Vida</b>	Program for 18 and older members and dependents to stay focused on improving your own self-care. It makes it easier to achieve better well-being, at your pace, through tracking your progress, videos and Buena Vida Bucks to earn rewards for gifts.	<a href="http://www.Buenavidaers.com">www.Buenavidaers.com</a>
<b>Fitness Program</b>	Flexible membership for members and dependents (age 16 and older) with unlimited access to a nationwide network of facilities.	<a href="https://healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program">https://healthselect.bcbstx.com/health-and-wellness-incentives/fitness-program</a>
<b>Weight Management</b>	Provides a weight management program at no additional cost for members and dependents 18 older with a BMI of 23 or higher. Two programs: Wondr Real Appeal	<a href="https://healthselect.bcbstx.com/condition-management/weight-lifestyle-management-programs">https://healthselect.bcbstx.com/condition-management/weight-lifestyle-management-programs</a>
<b>Tobacco Cessation</b>	Program to help tobacco cessation for members.	<a href="https://healthselect.bcbstx.com/condition-management/tobacco-cessation">https://healthselect.bcbstx.com/condition-management/tobacco-cessation</a>
<b>Maternity Wellness</b>	Preventative care, lactation support and benefits to purchase pumps and accessories for members.	<a href="https://healthselect.bcbstx.com/medical-benefits/maternity-wellness">https://healthselect.bcbstx.com/medical-benefits/maternity-wellness</a>
<b>Blue365 Discount Program</b>	Provides savings to members on health and wellness products.	<a href="https://www.blue365deals.com/BCBSTX/">https://www.blue365deals.com/BCBSTX/</a>
<b>ShoppERS</b>	Incentive program where you can earn up to \$500 when shopping for certain medical services and procedures.	<a href="https://healthselect.bcbstx.com/medical-benefits/healthselectshoppers">https://healthselect.bcbstx.com/medical-benefits/healthselectshoppers</a>
<b>Condition Management Programs</b>	Condition specific programs: Hello Heart Hinge Health Learn to Live	<a href="https://ers.texas.gov/news/new-healthselect-programs-coming-soon">https://ers.texas.gov/news/new-healthselect-programs-coming-soon</a>
<b>Medical Virtual Appointments</b>	Access to licensed board-certified doctors 24/7. Two programs: Doctor On Demand MDLIVE	<a href="https://healthselect.bcbstx.com/medical-benefits/virtual-visits">https://healthselect.bcbstx.com/medical-benefits/virtual-visits</a>
<b>Medical Virtual Checkup</b>	Virtual checkup allows participants 18 and older to complete their annual checkup from the comfort of their home through Catapult Health.	<a href="https://healthselect.bcbstx.com/medical-benefits/catapult-health-virtualcheckup">https://healthselect.bcbstx.com/medical-benefits/catapult-health-virtualcheckup</a>

### Mental Health Resources:

<b>Mental Health IN PERSON Visits</b>	In person visits for mental health needs for members and dependents	<a href="https://healthselect.bcbstx.com/medical-benefits/mental-health">https://healthselect.bcbstx.com/medical-benefits/mental-health</a>
<b>Mental Health Virtual Visits</b>	Virtual visits for mental health needs for members and dependents. Two programs: Doctor on Demand MDLIVE	<a href="https://healthselect.bcbstx.com/medical-benefits/mental-health">https://healthselect.bcbstx.com/medical-benefits/mental-health</a>
<b>Learn To Live</b>	Digital Mental Health online, coach supported Condition Management Program for members and dependents 13 and older.	<a href="https://healthselect.bcbstx.com/condition-management/learn-to-live">https://healthselect.bcbstx.com/condition-management/learn-to-live</a>

The following program is for all *Full-Time employees and their household members*. Enrollment in Collin College medical insurance through ERS is NOT required.

### Mental Health Resources:

<b>Deer Oaks Employee Assistance Program</b>	Free, confidential short-term counseling (up to 8 visits), website with work/life balance topics, financial and legal assistance, estate planning and more.	<a href="https://www.deeroakseap.com/">https://www.deeroakseap.com/</a> Toll-Free Helpline: 1-888-993-7650  username: collin password: collin
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### Wellness Resources:

<b>Wellness360</b>	Free wellness platform for employees where they can access challenges, on-demand content to align with wellness goals, benefits information, and resources.	<a href="https://cougarweb.collin.edu/pages/wellness-platform">https://cougarweb.collin.edu/pages/wellness-platform</a>
<b>Training and Development Wellness</b>	Wellness calendar of classes and events across Collin College.	<a href="https://cougarweb.collin.edu/pages/wellness-main-page">https://cougarweb.collin.edu/pages/wellness-main-page</a>

The following program is for *Adjunct Faculty, Part-Time Staff, Students and Full-Time employees not enrolled in Collin College medical insurance through ERS*.

### Medical and Mental Health Wellness Resources:

<b>TimelyCare</b>	Free virtual medical and mental health appointments on-demand 24/7 or to be scheduled.	OneLogin, Collin Everything Tab, click on TimelyCare Icon or  <a href="https://timelycare.com/">https://timelycare.com/</a> Login with Collin College email
<b>Training and Development Wellness</b>	Wellness calendar of classes and events across Collin College.	<a href="https://cougarweb.collin.edu/pages/wellness-main-page">https://cougarweb.collin.edu/pages/wellness-main-page</a>