Greetings, San Jacinto College!

As referenced in the Chancellor’s July 9th update, the Balance U employee wellness program and wellness hours are going to be eliminated at the end of August. Beginning in FY 21, Balance U will transition into HealthSelect of Texas® Health and Wellness Program administered through Blue Cross and Blue Shield of Texas (BCBSTX).

BCBSTX has partnered with Well onTarget® to provide the following wellness programs and incentives to HealthSelect of Texas® participants:

- **Health Assessment** – Confidential health questionnaire used to tailor program to meet your goals. Complete annually to measure your progress from year to year
- **Fitness Program** – Flexible membership program that gives you unlimited access to a nationwide network of more than 9,000 fitness centers (*for a monthly fee*)
- **Wellness Coaching** – Certified health coaches offer you guidance on nutrition, physical activity, and stress management
- **Blue PointsSM** – Incentive points you earn for participating in wellness activities. You can redeem points in the online shopping mall
- **Weight management programs** – Join a weight management program to reach your goals. Choose from Naturally Slim® and Real Appeal®
- **Tobacco cessation** – Resources are provided to help support you when you need help quitting tobacco
- **Maternity resources** – Resources are available to support health pregnancies through every stage
- **Blue365®** – Discount program that can provide savings on health-related products, along with discounts on health and fitness clubs, weight-loss programs and so much more

The health and wellbeing of our employees continue to be a priority at San Jacinto College and we encourage you to take advantage of the resources available to you through Blue Cross and Blue Shield of Texas.

Best wishes,

Balance U Staff
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