



Tools to Manage Your Health




AVAILABLE TO PARTICIPANTS ENROLLED IN AN ONCOR MEDICAL OPTION

<p>Telehealth Services MDLIVE</p>	<p>You and your covered dependents have anywhere, anytime access to board-certified primary care doctors and pediatricians through a phone call or web chat. This service is secure, confidential, and compliant with all medical privacy regulations.</p>	<p>Hypertension Teladoc HEALTH</p>	<p>If you or an eligible family member has high blood pressure, Teladoc Health (formerly Livongo) can help. You can access resources, including a connected monitor, expert coaching, and real-time feedback. The blood pressure monitor automatically uploads your blood pressure reading to your secure online account. Your monitor records and organizes all of your blood pressure readings that you can share with your physician.</p> <p>Enroll at teladochealth.com/Smile/ONCOR. Website Registration Code: ONCOR.</p>
<p>Tobacco Cessation and Weight Management Programs</p>	<p>Take advantage of personal telephone coaching, self-directed online courses, and resources to help you reach your wellness goals. Visit www.bcbstx.com to enroll.</p>	<p>Special Benefits Through BCBSTX</p>	<p>Blue365® Member Discount Program Exclusive health and wellness deals include discounts from top national and local retailers on fitness gear, gym memberships, family activities, healthy eating options, and more.</p> <p>Blue Access for MembersSM Gain immediate online access from a secure member portal to health and wellness information. From the My Health tab, find information on such topics as fitness, nutrition, obesity, and smoking cessation.</p> <p>Blue Member Rewards Receive cash rewards when you select a lower-cost, quality provider. This program, administered by Sapphire Digital, offers Provider Finder[®] to help you compare medical services, reduce costs, and take more control of your health care financial decisions.</p> <p>Log in to www.bcbstx.com to find doctors and hospitals participating in this program.</p>
<p>Weight Loss </p>	<p>Offering a scientifically proven program for weight loss and wellness, WW is Weight Watchers[®] reimaged. You can access the latest nutritional and behavior change science to inspire healthy habits for your real life. Enroll at ww.com/us/oncor.</p>		
<p>Women's and Family Health </p>	<p>This program incorporates self-managed courses in Well onTarget[®] access to Ovia fertility, pregnancy, and parenting apps, as well as outreach and engagement of identified high-risk pregnancies. Visit www.bcbstx.com to enroll.</p>		
<p>Diabetes Teladoc HEALTH</p>	<p>This diabetes management service provides access to supplies at no cost to you and your dependents. It includes a free blood glucose meter, 24/7 coaching (including tips when blood sugar levels are out of range), and unlimited strips delivered on demand.</p> <p>Enroll at teladochealth.com/Smile/ONCOR. Website Registration Code: ONCOR.</p>		



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<p>Chronic Pain</p> 	<p>Airrosti offers a quality care approach that leads to an accurate diagnosis and treatment, along with significantly reduced recovery times and total treatment costs. Many patients experience improvement in range of motion and a return to normal activity, often within three visits (based on patient reported outcomes).</p> <p>You can self-refer to Airrosti at any time if you have pain that you think may benefit from receiving care with an Airrosti provider.</p> <p>Learn more at airrosti.com.</p>
<p> Hinge Health</p>	<p>Hinge Health offers access to a 12-week digital program to support chronic back pain and joint health. This program can be completed anywhere, at any time.</p> <p>Hinge Health gives you the tools you need to conquer back and joint pain, recover from injuries, prepare for surgery, and stay healthy and pain free. This program is available to you and your eligible dependents at no cost.</p> <p>Enroll at hinge.health/oncor. Once enrolled, you may receive a kit with sensors and a tablet, or the program can be done from your own device.</p>
<p>Decision Support Services</p> 	<p>My Medical Ally can help you understand your medical condition and treatment options, recommend the best doctors and hospitals in your area, and assist you in getting a second opinion. Participants who engage in Surgical Decision Support Services for lower back, knee or hip replacement, weight loss, or hysterectomy will be eligible for a \$400 incentive (subject to applicable taxes) in 2024.</p> <p>Visit mymedicalally.alight.com for more information.</p>

AVAILABLE REGARDLESS OF MEDICAL ENROLLMENT

<p>Navigate for Oncor's Live Well Program</p>	<p>Navigate for Oncor's Live Well Program provides information and challenges to help you improve and maintain your overall wellbeing. The program includes recipes, fitness videos, health coaching programs, and more. See page 20 for incentive opportunities.</p>
<p>Fitness Centers</p>	<p>All employees have access to the Corporate Fitness Center. These wellness resources are available to employees 24/7 and to dependents on the weekends, as long as accompanied by the employee. The fitness center costs \$15 per month.</p> <p>Discounts to fitness centers across Texas are available through BCBSTX and Magellan Health Services. See the Live Well > Benefits > Company Perks section on the Oncor Intranet for more information.</p>