

September 2024

New Health and Well-being Benefits



WHAT: Hello Heart
WHEN: **Wednesday, September 4, 2024, 10:00am – 10:30am (CT)** -
Recording available soon
WHERE: Online
REGISTER: [Hello Heart Webinar Event Link.](#)
DETAILS: Get help with your cardiovascular health. This program is beneficial to those with a history of high blood pressure and cardiovascular disease. It includes a free Hello Heart blood pressure monitor that pairs directly with your smartphone.



WHAT: Hinge Health
WHEN: **Wednesday, September 18, 2024, 10:00am – 10:30am (CT)**
WHERE: Online
REGISTER: [Hinge Health Webinar Event Link](#)
DETAILS: Relieve joint, muscle and back pain with personalized digital exercise therapy. The program includes virtual sessions, unlimited one-on-one coaching, and motion tracking technology.



WHAT: Learn to Live Digital mental Health Platform
WHEN: **Wednesday, September 25, 2024, 10:00am – 10:30am (CT)**
WHERE: Online
REGISTER: [the Learn to Live Webinar Event Link.](#)
DETAILS: Manage your mental health, gain new skills and get help to break old patterns. Learn to adjust unhelpful thoughts and manage your mood using cognitive behavioral therapy and one-on-one coaching support.

Fitness & Nutrition Connect Community Calls!



Join the BCBSTX wellness team for 15-minute check-ins to connect with others and engage in a lively wellness discussion on topics related to nutrition, fitness and finances! Check out the full schedule of events and register for sessions through the [ERS Wellness Events Calendar.](#)

PLEASE NOTE: In rare cases, ERS has to cancel or change events due to weather, low registration rates or other issues beyond our control. When possible, we will provide notice of cancellations or changes on the ERS website. If you're planning to attend an event, we encourage you to check our Events webpage the morning of the event for any updates.