



Dear Faculty and Staff,

Be Well to Do Well! As the holiday season fast approaches, now is the perfect time to create your [Buena Vida account](#)! Buena Vida is the new employee health and well-being platform where you can access your medical plan benefits, easy-to-use online tools and several NEW no-cost well-being programs. Prepare for the holidays by creating your account *today* and enrolling in one or more of the resources available to help you meet your health and well-being goals.

On the [Buena Vida platform](#) powered by WebMD, learn a new way to get important preventive care without ever leaving home with a **Catapult** Virtual Health Check-up. Plus, learn doable strategies to achieve and maintain a healthier weight - without dieting or depriving yourself - with **Wondr** and/or **Real Appeal**!

Learn, too, about the new cardiovascular benefit, **Hello Heart**, that provides a free blood pressure monitor that pairs directly with your smartphone to help you manage your heart health including high blood pressure and any medications you may be taking. You can also enroll in **Hinge Health**, the new physical therapist-led MSK care program that helps with joint, muscle or back pain, all from the comfort of your own home.

While the holidays can be festive, they can also be highly stressful. Through the platform, access **Learn to Live**, a new online, on-demand, self-paced mental health service that provides coach-supported programs that can help you manage many of the issues that typically arise over the holidays.

On Buena Vida there are several condition management resources available to help BCBSTX HealthSelect members to manage new and existing health conditions. Explore the platform to discover them and much more. This holiday season, *Be Well to Do Well* and keep your well-being heading in the right direction. Create your [Buena Vida account](#) TODAY!



Sincerely,

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