

WELCOME, Stephen F. Austin State University Employees and Retirees!

UT Living Well FAQs

Q: WHAT OPTIONS WILL BE AVAILABLE UNDER THE NEW HEALTH PLAN TO HELP ME WITH MY WELL-BEING GOALS?

A: The **Living Well Program** offers a variety of options to support your well-being goals, including physical, emotional, and mental well-being.

Q: IS THERE A WELLNESS PLATFORM AVAILABLE?

A: Yes, UT SELECT™ and UT CARE™ members ages 18 and older (including employees, dependents, and retirees) are eligible to register for the UT Living Well Platform (powered by Limeade). Starting on September 1, 2023, visit ut.limeade.com to register. Once registered, you have the option to complete the well-being assessment and download the Limeade ONE app.

Q: WHERE CAN I LEARN MORE ABOUT ALL BENEFITS AND WELLNESS PROGRAMS COVERED IN THE HEALTH PLAN?

A: You can visit utbenefits.link/YourUTBenefits or the UT Living Well Platform (powered by Limeade) at ut.limeade.com.

Q: WHO CAN I CONTACT FOR QUESTIONS ABOUT THE LIVING WELL PROGRAM?

A: You can send an email to SFABenefits@utsystem.edu.

Q: WILL I KEEP MY WELL ONTARGET® ACCOUNT BEYOND AUGUST 31, 2023?

A: No. However, you will be able to earn and redeem points under your Well onTarget account until August 31, 2023.

For questions about your Well onTarget account and your BluePoints balances or rewards, please contact BCBS at **877-389-3651**.