

# TOOLS TO MANAGE YOUR HEALTH

## Available to Participants Enrolled in an Oncor Medical Option

App

### Telehealth Services (MDLive)



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.



### Tobacco Cessation/Weight Management Programs (BCBSTX)



Take advantage of personal telephone coaching, self-directed online courses, and resources to help you reach your wellness goals.

Visit [www.bcbstx.com](http://www.bcbstx.com) to enroll.



### Weight Loss (WW)



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](http://ww.com/us/oncor).



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### Women's and Family Health (Maven)



Virtual resource for women and families providing clinical, emotional, and financial support for:

- Fertility and family building
- Maternity and newborn care
- Parenting and pediatrics
- Menopause and midlife



#### Key Features:

- 24/7 access to 30+ specialists (OB-GYNs, fertility coaches, doulas, lactation consultants, mental health professionals, nutritionists, and career coaches)
- Complete support from fertility through menopause
- Dedicated Care Advocate for personalized guidance

Find details on [mavenclinic.com/join/benefit](http://mavenclinic.com/join/benefit) beginning January 1, 2026.

### Diabetes (Teladoc)



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.



Enroll at [teladochealth.com/Smile/ONCOR](http://teladochealth.com/Smile/ONCOR).  
Website Registration Code: ONCOR.

## INTRODUCTION

## HEALTH CARE

- Medical Benefits
- Prescription Drug Benefits
- HSA/HRA
- Dental Benefits
- Vision Benefits
- Tools to Manage Your Health
- Live Well Incentives

## FINANCIAL SECURITY

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### Hypertension (Teladoc)



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.

Enroll at [teladochealth.com/Smile/ONCOR](http://teladochealth.com/Smile/ONCOR).  
Website Registration Code: ONCOR.



### Chronic Pain (Airrosti)



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).

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.

Learn more at [www.airrosti.com](http://www.airrosti.com).



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### Surgical Support Services (Lantern)



Find help navigating surgeries through a surgical center of excellence provided by Lantern. The program benefits include:

- Pay only a deductible – the cost for your procedure will be significantly reduced when you use Lantern.
- No copayments for procedures.
- Coverage includes dedicated support and guidance.
- Anesthesia, procedure, and facility (hospital) fees.
- Travel benefit is available for all eligible appointments; gas allowance and per diem is provided for less than 50 miles.

Any uncovered costs will be discussed with you prior to your procedure. Testing, scans, imaging, durable medical equipment, and physical therapy expenses may not be included. However, services may be covered under the medical plan. Note that the facilities and providers are within the Lantern network, which is managed by Lantern.

Visit [my.lanterncare.com](http://my.lanterncare.com) or call Lantern Care at **1.855.676.5040** for information about the available providers and benefits under this program.



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## Special Discounts (BCBSTX)



### 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.



### Blue Access for Members<sup>SM</sup>

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.

### 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.

Log in to [www.bcbstx.com](http://www.bcbstx.com) to find doctors and hospitals participating in this program.

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## Access These Benefits Regardless of Medical Plan Enrollment

### Oncor's Live Well Program (Navigate)



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 24](#) for incentive opportunities.

### Fitness Centers (Multiple)

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.

Discounts to fitness centers across Texas are available through BCBSTX and Magellan Healthcare. See the [Live Well > Benefits > Company Perks](#) section on the [Oncor Intranet](#) for more information.



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