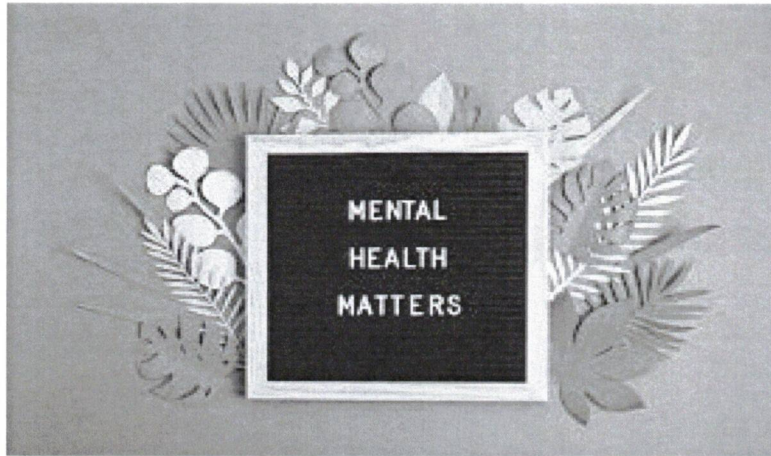


TIP OF THE MONTH: FIND YOUR FEEL-GOOD

Page 52 of your Benefits Resource Guide has helpful tips to navigate your way toward better well-being with WebMD ONE powered by **Healthy County**.



Go to wellontarget.com

- Explore **YOUR** Wellness World at **YOUR** Fingertips
- Stats in a flash
- **Personal Wellness** Report & so much more

Go to a mental health tune-up — online

Check out the programs included at **no added cost** through your health plan with Blue Cross and Blue Shield of Texas:

Login at mybenefits.county.org

Click on Benefits **Select** Links & Contacts

Go to Blue Cross Blue Shield Member Site.

Select Behavioral Health

Choose Digital Mental Health

MAY

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2026

Learn to Live is an online resource that can help with mental health concerns such as anxiety, stress, depression, substance abuse and sleep problems. Programs are based on therapy techniques with a track record of helping people feel better. *Learn to Live* is confidential, accessible anywhere and available at no added cost to you and your family.

Choose the program for you by taking a quick assessment today.

ONLINE: Employee Self-Service (ESS) Portal > My Vendors & Other Sites > Go to Blue Cross Blue Shield Member Site > Wellness Tab > Learn to Live

Special Announcement(s)

Healthy County 101

(Smoothie Time) 😊

June 1, 2026

12 p.m. – 1 p.m.

Courtroom 2nd floor

*Enjoy a smoothie and snacks on us!

*Lunch will NOT be provided. You are welcome to bring your own lunch.

Contact

Vanessa Dodd

HR Coordinator

Wellness Coordinator

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www.211texas.org

