

Mobile Apps - Wellbeing support is just an app away. These mobile apps are a great way to support your Wellbeing wherever you are.

Physical Wellbeing



BlueCross BlueShield of Texas

The BCBSTX app provides easy access to your claims, deductible, out of pocket or copay amounts, and your electronic ID card. You can also use the app to quickly find an in- network and nearby provider when and where you need one. You can even use patient reviews and average wait times to pick the best option.



MDLIVE

Have a virtual doctor visit at your convenience using your smartphone, tablet, or computer 24 hours a day. Find out how easy it is to receive affordable, quality care without traveling to the doctor's office!



WellonTarget

AlwaysOn® Wellness connects you with your organization's wellness program 24/7, so you can stay engaged anytime, anywhere. With the AlwaysOn® app, you can take your health assessment, connect with 80+ tracking devices and applications, including Apple Health via the HealthKit and many more. Now, it is easier than ever to measure your progress and stay motivated.



CVS/Caremark

The CVS/caremark™ app lets you refill mail service prescriptions, track order status, view prescription history and more. You must have CVS/caremark prescription benefits to use the app: If you're not sure, check your health insurance plan information to confirm.





Cigna Dental

Your health has met its appSM. The myCigna app gives you an easy way to personalize, organize and access your important dental information – on the go.



EyeMed Vision Care

EyeMed gives you access to your benefit information on-the-go. Check your benefit details for eye exams, eyeglass frames, contacts, and lenses directly from your phone.



Naturally Slim

Download the companion app for the Naturally Slim program. Enroll at NaturallySlim.com/Baylor to learn how to lose weight and improve your health while still eating the foods you love. With the app, you can learn the Naturally Slim principles, log your meals, track your progress, and find inspiration while on the go!



Weight Watchers

The Weight Watchers Mobile app can help you lead a healthier, more active life. You must be enrolled in the Weight Watchers program to use this app.

