



# Take Care of Your **SELF**

**Self-care is important,  
especially in college!**

We can help with AcademicBlue –  
your student health insurance plan.

- Coverage at Student Health Center
- Priced for your budget
- Virtual visits
- Mental health support tool
- Discounts on fitness gear and products
- Access to nationwide network with Blue Choice PPO<sup>SM</sup>

To get started, go to [uh.myahpcare.com](https://uh.myahpcare.com). The Main Campus Open Enrollment & Waiver end dates are as follows:

**Domestic OE Deadline**

Fall (New & Returning Students) 9/28/2022  
Spring/Summer 2/22/2023  
Summer 7/13/2023

**International Waiver Deadline**

Fall (New & Returning Students) 9/7/2022  
Spring/Summer 2/1/2023  
Summer 6/8/2023







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Scan this code or go to [uh.myahpcare.com](https://uh.myahpcare.com) for more information.



# Life can be hard. Finding support shouldn't be.

Digital resources are available anytime, anywhere to help with:

- Stress, anxiety and worry
- Depression
- Social anxiety
- Insomnia
- Substance use

LEARN TO LIVE

Take a confidential assessment today.

Log in to your account at **bcbstx.com**,  
then go to **Wellness** to learn more.

Learn To Live, Inc. is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide cognitive behavioral therapy coaching for members with coverage through BCBSTX. BCBSTX makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

AcademicBlue is offered by Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.



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