

Blue PointsSM

from Blue Cross and Blue Shield of Texas



Helping You Achieve a Healthier Life

You and your covered dependents earn Blue Points automatically every time you use qualifying activities in the **For Your Health** section of the Personal Health Manager.

Earn up to 1,000 points a week by engaging in fun and interactive online activities, such as:

- Setting up a meal or fitness plan*
- Reading and rating a recipe or article
- Asking a question of a registered/licensed nurse, life coach, trainer or dietitian
- Earning "Medal Days" by reporting on a program you set up
- Utilizing the Family Management tool for members under age 18 and a special program just for kids under 13

Redeem Blue Points for gift certificates from major retailers, popular electronics, fitness items and much more. Redemption levels start at just 2,500 points.

Log in to Blue Access[®] for Members at www.bcbstx.com, click on the Personal Health Manager logo and visit the **For Your Health** section.



*Recommended activities are age appropriate and based on the member's fitness level and goals.



**BlueCross BlueShield
of Texas**

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