

# Personal Health Manager

Take Charge of  
Your Health!

## Save time and lead a healthier life

With a wide range of online tools and information, you can better manage every aspect of health and wellness for you and your family with the **Personal Health Manager**. Start by taking the **Health Risk Assessment** to better understand your current health condition, identify potential issues and reinforce what you're doing right!

Explore the Personal Health Manager – a resource of online tools and information to help you better manage your health.

- Go to **www.bcbstx.com**
- Log into Blue Access® for Members
- Click on the **Personal Health Manager** icon

## Plan it

Discover practical ideas for bringing health and wellness into many parts of your life.

- **Eat Right** – With access to over 1,200 recipes, articles and other helpful suggestions, planning healthy meals has never been easier.
- **Get Fit** – Weight loss, strength training, aerobic exercise or increased flexibility – find a solution for your fitness goals. The virtual trainer can assist you with recommended exercise routines by demonstrating proper techniques.

## Track it

Return to **Personal Health Manager** to track your progress and review your results.

- **Meals and snacks** – With information on over 13,000 food items – including fast food, beverages and brand-name snacks – you can track overall calories consumed with a breakdown of proteins, carbs and fats.
- **Exercise program** – Track your results and take your workout to the next level.
- **Personal health records** – Appointments, refills, immunizations and more – manage important health information for you and your family from one secure Web site.



*In your kitchen, gym bag or office...cut out and place this wallet-sized card anywhere you need a reminder to visit the Personal Health Manager.*



PERSONAL  
HEALTH  
MANAGER

### Don't Forget the Personal Health Manager!

Your source for health and wellness information.

- Plan nutritious meals
- Record workouts
- Keep track of health records



[www.bcbstx.com](http://www.bcbstx.com)



**BlueCross BlueShield  
of Texas**

# Personal Health Manager | *Take Charge of Your Health!*



## Discover it

Enjoy health and wellness information 24-hours a day, from any Internet connection.

- E-mail questions and receive customized answers through *Ask A Nurse*, *Ask A Trainer*, *Ask A Dietitian* and *Ask A Life Coach*.
- Learn to manage chronic health conditions, research symptoms and look up prescription drug information.
- Read the latest news stories on current health and wellness topics.

## Blue Points<sup>SM</sup>

Earn valuable Blue Points every time you engage in healthy activities. Receive points when you set up and track the progress of an exercise or meal program, participate in online wellness programs or use other programs in the *For Your Health* section of the Personal Health Manager. Blue Points are redeemable starting at just 2,500 points for popular health and wellness merchandise and services.

## Additional Online Resources

Blue Access for Members includes other helpful features, such as:

- Status of claims, claims history and coverage information
- Physician, hospital and pharmacy network directories
- Tools to find estimated costs for common health care services

Technical help for online resources is available at 1-888-706-0583 Monday through Saturday.



### Visit Personal Health Manager

1. Go to [www.bcbstx.com](http://www.bcbstx.com)
2. Log into Blue Access<sup>®</sup> for Members
3. Click on Personal Health Manager



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