



**BlueCross BlueShield
of Texas**



Think of it as a health makeover

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

www.bcbstx.com



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There's a lot of emphasis on outward appearances these days. But what about what's happening on the inside? Give your health risks a closer look with our Health Risk Assessment (HRA) available to you online through Blue Access® for Members.

All the information entered into the HRA provides you with a comprehensive tool that not only helps you learn more about your health risks but also ways to improve them. Simply log on to Blue Access for Members and follow the prompts to evaluate your:

- Health risks
- Sleep
- Nutrition
- Job satisfaction
- Stress and mood levels

Could your health use enhancement? Then treat yourself to our HRA today. Revamping your health can do wonders for the outside, too.

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