



**BlueCross BlueShield
of Texas**



Health information for the asking ...

The Personal Health Manager at
Blue Access[®] for Members

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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Looking for health information with a personal touch? All you have to do is ask when you visit the **Personal Health Manager** online through Blue Access for Members. You'll get personalized responses when you send a secure e-mail to health professionals — personal trainers, dietitians, registered nurses and life coaches. Look for the following features and ask away:

- *Ask A Trainer*
- *Ask A Nurse*
- *Ask A Dietitian*
- *Ask A Life Coach*

The **Personal Health Manager** is the complete information resource to help you manage your health care. What more could you ask for?

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