



**BlueCross BlueShield
of Texas**



Better conditions are ahead

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

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
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www.bcbstx.com



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Think you have to weather your chronic condition alone? We predict brighter days ahead when you turn to the tools and resources available online from the **Personal Health Manager** through Blue Access for Members. You'll leave cloudy days behind and see your condition in a whole new light with:

- *Ask A* features that connect you via e-mail with dietitians, registered nurses, personal trainers and life coaches
- Guidance plans for common chronic conditions
- A health encyclopedia and drug index
- *Clinical Tools* and *My Charts* to track your progress

Check out the **Personal Health Manager** at Blue Access for Members to help manage your chronic condition. When you do, the forecast for the future could include a better quality of life.

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