

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!

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.

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.



**BlueCross BlueShield
of Texas**



The Personal Health Manager

Your source for health and wellness information

- Plan nutritious meals
- Record workouts
- Keep track of health records
- Earn Blue PointsSM



www.bcbstx.com

The Personal Health Manager | *Health information is our specialty*



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

Track it

Return to the **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.

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.
- *Today's News* offers important health and wellness headlines in a quick, easy-to-read format.

Blue PointsSM

Earn valuable Blue Points every time you use the health and wellness features in the *For Your Health* section of the **Personal Health Manager**. Receive up to 1,000 points a week when you set up and track the progress of an exercise or meal program, read and rate health and wellness related articles or email your health-related questions to licensed professionals. Blue Points are redeemable starting at just 2,500 points for gift cards to well-known retailers, health and fitness items or popular electronics.

Additional Online Resources

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

- Confirmation of when claims are paid and payment amounts
- Physician, hospital and pharmacy network directories
- Information on prescription drugs

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



Visit the Personal Health Manager

1. Go to www.bcbstx.com
2. Log into Blue Access® for Members
3. Click on the Personal Health Manager



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