



**BlueCross BlueShield of Texas**

*Experience. Wellness. Everywhere.®*



**Put time on your side**

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

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
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## BlueCross BlueShield of Texas

Do you have 10 to 15 minutes? That's all you need to take a confidential Health Risk Assessment (HRA). In just those few minutes, you can see what you are doing right when it comes to your health, along with your health risks and changes to make.

Take your HRA and earn 2,500 Blue Points<sup>SM\*</sup>. Redeem your points for gift cards from major retailers, fitness items, popular electronics and much more. Along with Blue Points, you even get a personalized report with pointers on how to improve your health.

### Here's how to get your HRA started:

- Log in to Blue Access<sup>®</sup> for Members.
- Click the Personal Health Manager icon.
- Once in the Personal Health Manager, find the *Know Your Risk* box.
- Click the link to complete a Health Risk Assessment.

Take time for your health today. Take the HRA!

\*Blue Points are limited to the general HRA and may be earned twice within any 12-month period.  
Blue Points Program Rules are subject to change without prior notice.

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