

# Log in and leverage online wellness tools and resources



## Get the personal advantage

The Personal Health Manager gives you the edge when it comes to learning how to improve your health and lifestyle. Log in to Blue Access® for Members, and click the Personal Health Manager icon. You'll see the advantages right before your eyes! Check out these features:

- **Health Risk Assessment (HRA)** – a confidential tool to see your health status and risks plus a personalized report
- **Ask A Nurse, Trainer, Dietitian or Life Coach** – e-mail access to supportive health care professionals
- **Eat Right** – nutrition and meal plan guidance
- **Get Fit** – customizable fitness programs and activities
- **Live Well** – life-skill tools to help manage stress and relationship issues
- **My Care Profile** – a snapshot of your health history (based on claims) that you can share with your doctor
- **Articles & Recipes** – wellness information and healthy recipes
- **Kids & Teens** – interactive wellness tools designed with kids in mind



The Personal Health Manager has other perks, too. Use the tools in the *For Your Health* section to earn Blue Points<sup>SM\*</sup>—a program that rewards you and family members. Blue Points can be redeemed for reward items like gift cards, health equipment and much more.

\*Blue Points for taking the general HRA can be earned twice within a 12-month period, and Blue Points are not associated with targeted HRAs. Blue Points may be obtained by using various For Your Health section components. Blue Points Program Rules are subject to change without prior notice.



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