

Take this for your health.

Take a few minutes to learn about your health status and risks by completing a confidential Health Risk Assessment (HRA), available to you online through the Personal Health Manager. Plus, now you can earn Blue Points for completing the HRA*.

After submitting your HRA, you will immediately receive a detailed report of your health status, risks and recommendations for improving your health. You can discuss your results with your doctor to set goals for improving your health.

Just by taking the HRA, you have already reached the first redemption level of 2,500 points. Visit the Blue Points Redemption Center to see what's available, then take the HRA to get started earning Blue Points.

The Personal Health Manager is an online resource that helps connect you to information, resources and online tools designed to help you maintain your health.

Go to Blue Access® for Members at www.bcbstx.com/trs and click on the Personal Health Manager to take the HRA and find out how many Blue Points you've already earned and reward yourself today!

*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.