



Protect your best investment



BlueCross BlueShield
of Texas



TRS-ActiveCare

TEACHER RETIREMENT SYSTEM OF TEXAS

www.bcbstx.com

TRS-ActiveCare is administered by Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association.

Each day your heart — one of your most important assets — beats about 100,000 times and pumps about 2,000 gallons of life-giving blood throughout your body. Unfortunately, coronary heart disease is America's leading killer.

Here's what you can do to reduce your risk factors:

- Don't smoke or use other tobacco products
- Eat a varied diet rich in fruits, vegetables and low-fat foods
- Maintain a healthy weight
- Get at least 30 minutes of exercise, most days of the week
- Keep cholesterol levels in normal ranges
- Control your blood pressure

Isn't now a good time to take stock in your best asset? Learn more by logging on to Blue Access[®] for Members.

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