

# 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.**



### The Personal Health Manager

Your source for health and wellness information

- Plan nutritious meals
- Record workouts
- Keep track of health records
- Earn Blue Points<sup>SM</sup>



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



**BlueCross BlueShield  
of Texas**



**TRS-ActiveCare<sup>®</sup>**  
TEACHER RETIREMENT SYSTEM OF TEXAS

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.

# 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/trs](http://www.bcbstx.com/trs)
- 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 Points<sup>SM</sup>

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/trs](http://www.bcbstx.com/trs)
2. Log into Blue Access® for Members
3. Click on the Personal Health Manager



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