

Get well connected with Blue Access for MembersSM



Resources to enrich your health and lifestyle

Blue Access for Members helps you make the connection to better health and well-being with convenient, online resources for every aspect of your life. Whether you're searching for claims information, managing a chronic condition, striving to balance work and family or starting a nutrition or exercise program, Blue Access for Members has the answers. And now it's even easier to make your health a priority and get your goals on track with the **Personal Health Manager** and the Blue PointsSM rewards program.

When you make the connection with Blue Access for Members, you'll be well on your way to a healthier, more productive life.

Good health rewards you in many ways

Cut out and carry this wallet-sized card, and use it as a quick reference for the **Personal Health Manager's** health and lifestyle tools.

Taking a health risk assessment (HRA) helps you examine your overall health and well-being and highlights areas where you could improve.



Get Ready for Your HRA

When you take your HRA, you're making a positive step to help safeguard your health and live life to the fullest. Before taking the HRA, make sure you have the following information:

- Current height and weight
- Systolic (bottom number) of blood pressure reading
- Diastolic (top number) of blood pressure reading
- Total cholesterol level
- HDL cholesterol level
- Blood glucose level



The Personal Health Manager | *Take charge of your health*



You don't have to go far to find great health information. It's all waiting for you online at Blue Access for Members. Make the connection today!

For your health

Visit *For Your Health* at the **Personal Health Manager** and find great information to help improve your health. Plus, chalk up Blue Points for rewards each time you use these features.

Get what you ask for

The *Ask A* features give you e-mail access to health care professionals. Request fitness advice from personal trainers at *Ask A Trainer*, or seek nutrition advice with *Ask A Dietitian*. With *Ask A Nurse*, registered nurses answer your health-related questions, while *Ask A Life Coach* offers advice to manage stress, workplace conflicts and similar issues.

Find a feast for your eyes

Browse *Articles & Recipes* and discover informative, easy-to-read articles on just about any health or life skills topic of your choosing. Need wholesome recipe ideas? Check out a virtual smorgasbord of creative ideas.

Get kids and teens on board

Finding it challenging to get kids to think healthy? *For Your Health's* Kids & Teens programs can help you educate and motivate your kids to be more active and learn healthier eating habits. Programs are tailored separately for teens and kids under 13 to encourage good habits for a lifetime of healthy nutrition and physical activity.

Savor success

For Your Health's Eat Right section offers a *Healthy Eating* program that's based on nationally recognized nutrition guidelines. Your customized *Eat Right* plan will be tailored to meet your unique circumstances and health improvement goals. *Meal Planner* will build your daily menus, or you may choose to enter your own food choices.

Exercise authority

Whether you're a beginner or are wanting to put more muscle in to your strength building plan, the *Get Fit* feature in *For Your Health* can help you take charge of your fitness goals with a variety of fitness programs tailor-made for you. Some of the programs also come with integrated *Eat Right* nutrition plans.

Blue Points Are Just a Click Away

Good health is rewarding in more ways than one.

By using features in the *For Your Health* section of the Personal Health Manager (PHM), you're eligible to earn Blue Points. Just follow these steps:

- Go to Blue Access for Members at www.bcbstx.com and click on the Personal Health Manager
- Click on the Blue Points icon to view your point totals
- Choose the point/redemption levels to select your reward

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Make a change for the better

Live Well lives up to its name with *Personal Improvement Plans*. Whether you want to be more open-minded, improve financial management, or become an optimist, *Live Well* offers a variety of 30-day plans that can yield life-changing results.

www.bcbstx.com/trs