

Take charge of your health!



Personal Health Manager

From Blue Cross and Blue Shield of Texas

A resource of online tools and information to help you better manage your health.

Stay Healthy! Discover new ways to take control of your health with tracking tools, reminders, information and Ask A Nurse.

Get Fit! Launch a new exercise program today with customized workouts, fitness tips and Ask A Trainer.

Eat Right! Develop healthy eating habits with personalized meal planning, weight loss programs, nutrition information and Ask A Dietitian.

Live Well! Learn important skills for making the most out of life — stress management, talking to your kids, Ask A Life Coach and more.

The support and resources you need are just a click away!

Visit www.bcbstx.com, log-on to Blue Access[®] for Members and click on **Personal Health Manager**.



**BlueCross BlueShield
of Texas**

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