

It's Not Nice to
POINT

Unless You are

**BLUE
POINTing!**

**Redeem up to \$600 in rewards
through Blue PointsSM!***

Whether you want to improve your health or maintain your healthy habits, you can earn **Blue Points** and redeem them for rewards designed to help you get fit, eat right, and live well.

You earn **Blue Points** by taking the Health Risk Assessment** or logging activities in the For Your Health section of the Personal Health Manager.

Earn points by engaging in fun and interactive online activities in the For Your Health section of the Personal Health Manager. Activities include:

- * Taking a Health Risk Assessment
- * Setting up a meal or fitness plan
- * Reading and rating a recipe or article

To get started or learn more, visit
www.bcbstx.com/hs

*Visit the Blue Points section of the Personal Health Manager for a complete list of the program rules.

**Earning Blue Points for completing a Health Risk Assessment only applies to the general Health Risk Assessment and may be earned twice within any 12-month period. Blue Points program rules are subject to change without prior notice.



BlueCross BlueShield of Texas

Experience. Wellness. Everywhere.SM

