



BlueCross BlueShield
of Texas



Reward Yourself with Blue Points

Now, as part of Blue Care® Connection, the disease management and wellness program included as part of your HealthSelectSM of Texas coverage, each time you track a fitness workout, report a meal, ask a nurse a health-related question, or use other parts of the **For Your Health** section of the Personal Health Manager, **you can earn Blue Points***. These points are redeemable for health improvement and other products at the Blue Points Redemption Center which you can access through the Personal Health Manager.

Remember, the Personal Health Manager is an online resource that helps connect you to information, resources and online tools to help you maintain your health.

How do I check or redeem my Blue Points?

- Login to Blue Access® for Members at www.bcbstx.com/hs. Once logged in, click on
- Access any of the **For Your Health** links on the Personal Health Manager home page
- Click on the Blue Points tab to view your point totals
- Choose the point/redemption levels to select your reward!



25 points
50 points
5 points
10 points
15 points



Don't wait...

check out the Personal Health Manager today!

*Note: Please review the Blue Points Program Rules listed on the Personal Health Manager for complete information on the program. Program Rules are subject to change without prior notice. HealthSelectSM of Texas 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