

# Personal Health Manager

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 **Personal Health Manager**. Start by taking the Health Risk Assessment to better understand your current health condition, identify potential issues and reinforce what you are doing right.

As a HealthSelect participant you and each of your covered family members can plan, track, and earn rewards for healthy activity in the Personal Health Manager.

Start earning rewards today.

- Go to [www.bcbstx.com/hs](http://www.bcbstx.com/hs)
- Log into Blue Access® for Members
- Click the **Personal Health Manager** icon

## Plan

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** – Find a solution for your fitness goals through weight loss, strength training, aerobic exercise or increased flexibility. The virtual trainer can assist you with recommended exercise routines by demonstrating proper techniques.

## Track

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** – Manage important health information such as appointments, refills, and immunizations for you and your family from one secure Web site.

## Earn rewards

- Receive up to 1,000 Blue Points<sup>SM</sup> a week when you track your meals and exercise or use other features of the Personal Health Manager.
- Redeem your Blue Points for rewards like fitness gear, gift cards to popular retail stores and even airline miles.

The Blue Points program rules are subject to change without prior notice.



**BlueCross BlueShield  
of Texas**