



# Take this for your health



**BlueCross BlueShield  
of Texas**

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The health risk assessment at Blue Access® for Members — because unexpected health conditions can be a tough pill to swallow.

In just 15 minutes you can zip through the assessment and receive an overall health and well-being score, and sub-scores for medical health, nutrition, sleep, stress and other categories. You'll also receive a report on your overall health and well-being, including practical information and suggestions on how to improve. It's a good idea to retake the assessment every six months, and we'll even help you remember with friendly reminders.

The Health Risk Assessment at Blue Access for Members — **take it now for a lifetime of better health.**