


Welcome to your
Personal Health Manager
 and see everything it can do for you.

If you want to learn more about your health and making healthy changes, the **Personal Health Manager** can help you. Use this online wellness resource to:

- Make healthier choices about food, start a fitness program, quit smoking – and keep track of your results
- Get health and wellness questions answered by nurses, dietitians, fitness trainers and life coaches
- Learn about your health, possible health risks and what you can do
- Stay motivated to reach your goals – when you use many of the features of the Personal Health Manager, you automatically earn Blue Points™ that can be redeemed for reward items

Just go to **www.bcbstx.com** and sign in to **Blue Access® for Members**, our secure member Web site. Then select  Personal Health Manager.



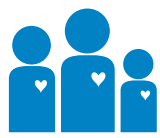
 **BlueCross BlueShield of Texas**
Experience. Wellness. Everywhere.™

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*Start your journey
 to wellness today!*



 **Healthy County** Together.
 Better.
 Stronger.
TEXAS ASSOCIATION OF COUNTIES
 HEALTH AND EMPLOYEE BENEFITS POOL



Personal Health Manager

BlueCross BlueShield of Texas

Logged in as **Roberta Williams** | [Log Out](#) | [Switch family members](#)

[Help](#) [Home](#)

1 MANAGE **2** COMMUNICATION **3** HEALTH TOOLS **4** HEALTH INFORMATION **5** RESEARCH **6** GENERAL

2 New Messages

You have new messages in your In Box! Click on the subject to go to the new message.

FROM	SUBJECT	DATE
Reminder to refill		01/10/2008
Ask A Nurse	An annual mammogram can save your life	03/07/2008
Ask A Trainer	RE: Start a walking program	04/28/2008

[MORE](#)

3 Alerts/Notifications

You have new alerts. Click on the name to go to the alert or notification.

[MORE](#)

4 My Tools

Use your tools to record and keep track of your basic health measurements on a regular basis.

5 For Your Health

[Get Fit](#) [Eat Right](#) [Live Well](#) [Kids & Teens](#) [Articles & Recipes](#) [Weight Loss](#) [Stop Smoking](#) [Blue PointsSM](#)

7 Interactive Symptom Checker

symptom checker

Man Turn to Back Woman

Head
Eyes
Nose & Mouth
Neck & Throat
Arm, Shoulder & Hand
Chest & Breast
Abdomen
Pelvic Area & Groin
Leg, Hip, Knee & Foot
Back & Spine
Buttocks
Skin

Other Topics
First Aid
Physical Problems
Mental Problems

8 Health Information and Care Centers

Healthy Eating

Most people have heard that healthy eating is important. But it can be hard to know what healthy eating means. Whether your goal is to feel good, manage your weight, or prevent health problems, we can help. [Read more.](#)

- Asthma
- Allergy
- Diabetes
- Fitness and Exercise
- Healthy Eating
- Heart Problems
- Infant and Toddler Health
- Men's Health
- Teen Health
- Women's Health
- Senior Health

9 Know Your Risk

[Take Your Health Risk Assessment.](#)

10 My Care Profile

[Access Your Care Profile](#)

11 Ask a Question

Click on the following images to send your questions to health professionals through a secure messaging system.

[ASKA Nurse.](#) [ASKA Trainer.](#)
[ASKA Dietitian.](#) [ASKA Life Coach.](#)

[Send Feedback.](#)

12 Health Search

Health Topic
 News Archives
 Drug Index

[Submit](#)

[MORE](#)

12 Health News

"Health News" provides the latest news stories on current health topics. To view more news stories, click on "More."

A diet filled with refined sugars is the number one cause of behavior problems, mood swings, and attention deficits in young children.

[MORE](#)

1 Navigation Bar

Use these icons to quickly find family management tools, secure messages, medical tracking charts and lists. Also, access the health encyclopedia, manage your account and keep track of medical appointments. Set up a health record and grant permission to your physician or family members to view or add information. Use family management tools to manage the health records of your dependents up to age 18.

2 New Messages

Receive secure wellness messages and answers to your "Ask A" health questions.

3 Alerts/Notifications

Set and receive reminders for appointments and medication refills.

4 My Tools

Use these tools to keep track of your medications, health status and test results, such as weight, blood pressure, glucose, cholesterol and more.

5 For Your Health

Use interactive tools to work toward a healthier lifestyle and earn Blue Points rewards.

- **Get Fit** lets you customize and record exercise programs and activities
- **Eat Right** helps you follow a healthy eating plan and create nutritious meals
- **Live Well** provides life-skill tools to help you manage stress, the workplace and relationships
- **Kids & Teens** helps develop healthy habits while encouraging parent-child interaction
- **Articles & Recipes** lets you search for health and wellness articles and find healthy recipes
- **Weight Loss** gets you started on a healthy program to lose weight
- **Stop Smoking** gives you tools to quit

6 Blue PointsSM

Check and redeem the Blue Points you have earned. Every time you track a fitness workout, report a meal plan, use any "Ask A" feature or take advantage of any part of the "For Your Health" section, you earn Blue Points.

Note: The Blue Points Rules are subject to change without prior notice.

7 Interactive Symptom Checker

Help identify and understand health symptoms by clicking on parts of the body. Also, check first-aid tips.

8 Health Information and Care Centers

Read about wellness topics and health conditions.

9 Know Your Risk

Take a few minutes to learn about your health status and risks by completing a confidential **Health Risk Assessment**. After submitting your Health Risk Assessment, you will immediately receive a detailed report of your health status, risks and recommendations for improving your health. You can discuss your results with your doctor to set goals for improving your health. Plus, later in 2008, you will be able to earn Blue Points for completing and then updating your Health Risk Assessment.

10 My Care Profile

Review a "snapshot" of your medical history, based on claims, that you can share with your health care providers.

11 Ask A Question

Ask health questions and receive answers from nurses, dietitians, trainers and life coaches. For example, you can ask for information and advice about: health conditions, preventive care, fitness and exercise programs, healthy eating, losing weight, and managing stress and relationships. Look for your personal responses in "New Messages."

12 Health Search and Health News

Use these tools to search for health and drug information, as well as the latest health news.