

# Real answers for the real world ...

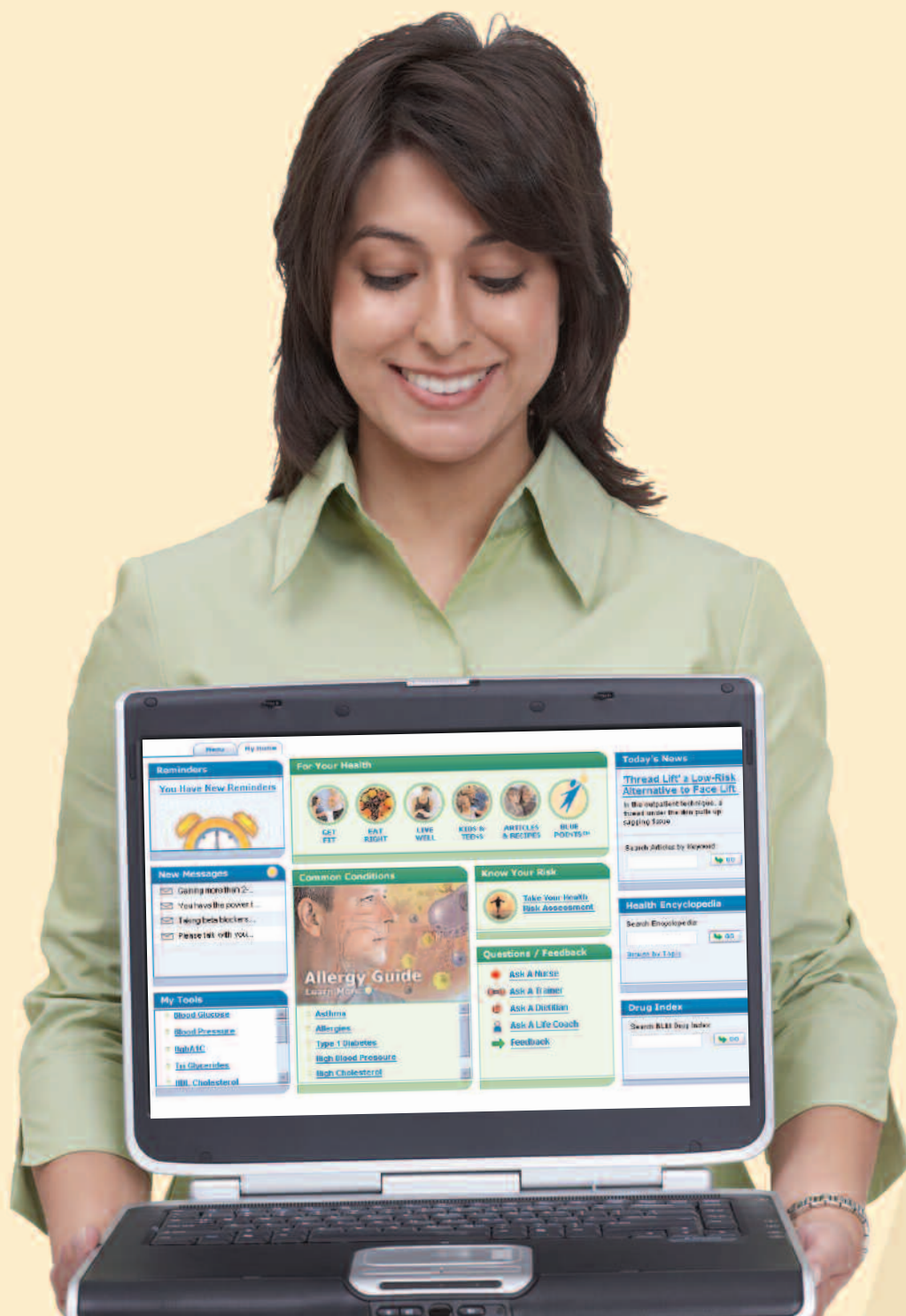


## The Personal Health Manager's chronic condition management tools

If you have a chronic condition, you don't have to go it alone. Now you can find personalized help and support with the **Personal Health Manager** at Blue Access<sup>®</sup> for Members. Whether you have diabetes, asthma, high blood pressure or another chronic disease, the **Personal Health Manager** can help you take control.

You can chart your progress with tracking logs in the *Clinical Tools* section. Or, receive caring support by contacting a registered nurse through the *Ask A Nurse* feature.

**The Personal Health Manager** —  
when you want real-time answers for your real life conditions.



**BlueCross BlueShield of Texas**

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