

Are you a risk-taker?



Take a Health Risk Assessment and find out

Health risks can sneak up on you if you ignore them. Get the upper hand by logging on to Blue Access® for Members at www.bcbstx.com and give the Health Risk Assessment (HRA) a whirl.

You'll breeze through it in no time to learn more about your health risks and preventive measures you can take. And all information you enter into the HRA is completely confidential. The HRA can help assess your:

- Exercise and food habits
- Stress management
- Specific men's or women's issue

When you're finished, you'll even receive an instant, personalized health report with proactive feedback on how to address any possible health issues you may have. Get a new take on better health and learn to lower your risks by completing your HRA today.



**BlueCross BlueShield
of Texas**

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