

Pounds still around?



Shape up with the Personal Health Manager

If the terms round, circular and rotund apply to you, never fear. Weight loss tools from the **Personal Health Manager** are here. Just visit Blue Access® for Members and click on the link to the **Personal Health Manager** to get advice from a trained nutrition expert at *Ask A Dietitian*.

Venture into the *Eat Right* section for shape-saving resources that let you:

- Track your daily calorie intake and food servings
- Simplify what and how much to eat and follow custom-built menus
- Build meal plans and create shopping lists specific to your needs and preferences
- Report your nutritional intake and get immediate feedback with a unique medal rating system
- Assess nutritional needs and gain the education necessary to make any changes

The weight doesn't have to go on forever thanks to the **Personal Health Manager** — the shape of things to come.



**BlueCross BlueShield
of Texas**

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