

Relax and stay awhile



Stress management tools from the Personal Health Manager

Do you long to be laid back and stress-free? Take a deep breath, count to 10 and let the **Personal Health Manager** do the rest.

You can compose your questions — and yourself — and get confidential, e-mail answers from a supportive life coach using the *Ask A Life Coach* feature. Or, turn to the *Live Well* section where you can equip yourself to deal with life's challenges, such as:

- Workplace issues
- Financial concerns
- Relationship and family matters

Visit the **Personal Health Manager** at Blue Access® for Members today — and stay with it to manage your stress.



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