



Your manager has a  
message for you ...



**BlueCross BlueShield  
of Illinois**

[www.bcbsil.com](http://www.bcbsil.com)

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The **Personal Health Manager, that is.** Personalized messages from the **Personal Health Manager** are just one of the helpful communication tools that you'll find through Blue Access® for Members.

Log on and look for the friendly little alarm clock vying for your attention, and check out reminder messages that can help you stay healthier. Complete your Health Risk Assessment and you'll get practical messages related to your responses, such as wellness reminders or informative articles related to any health conditions you may have. You'll also receive messages about health conditions or topics based on demographics such as your specific gender or age.

Get the message about better health with the **Personal Health Manager**. You'll wonder how you ever managed without it.

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