



BlueCross BlueShield
of Illinois

Healthy lifestyles! Healthy living!

Take charge of your health with Blue Cross and Blue Shield of Illinois!

HMO Members

Blue Care® Connection provides you with information, resources and online tools designed to help you make informed health care decisions.

Log on to Blue Access® for Members and click on



to:

- ✓ Complete the **health risk assessment**
- ✓ Request fitness and weight loss advice from a team of personal trainers at **Ask A Trainer**
- ✓ Ask registered dietitians for nutrition advice with **Ask A Dietitian**
- ✓ Ask registered nurses, your Blue Care Advisors, any health-related questions with the **Ask A Nurse** feature
- ✓ Receive help on managing stress, workplace conflicts and other similar issues with **Ask A Life Coach**
- ✓ You and your family can access information on exercise, nutrition and lifestyle issues in the **For Your Health** section
- ✓ Set up a **personal health record** to track and manage your family's health information within one secure Web location that's available whenever you need it
- ✓ Access **online health content**, including wellness tracking tools, videos and interactive tutorials – many personalized to your interests
- ✓ Receive **targeted wellness information** via e-mail to help manage specific medical conditions, including alerts for screening tests, and set up reminders for medical appointments and medication refills

As part of the program, you will be able to earn **Blue PointsSM** each time you track a fitness workout, report a meal, use any "Ask A" feature or take advantage of any component of the **For Your Health** section. Blue Points[†] will be redeemable for reward items at the Blue Points Redemption Center. Look for more information from your employer.

Your employer may offer additional health care resources – check your benefits. @ www.bcbsil.com