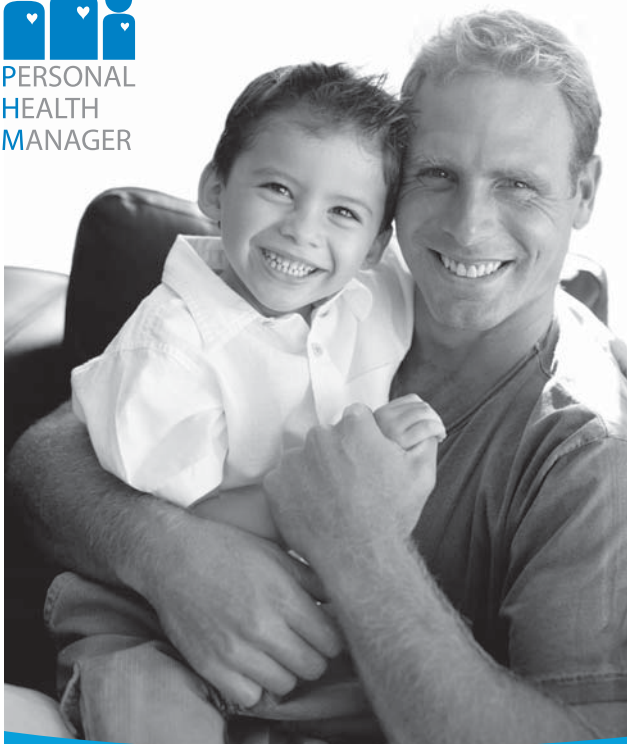




BlueCross BlueShield
of Illinois



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of Illinois



The support and
resources you need
are just a click away

www.bcbsil.com

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Note: Please review the Blue Points Program Rules listed on the PHM for
complete information on the program. Program Rules are subject to change
without prior notice.
20907.0107

To get started today,
log on to Blue Access® for Members
at www.bcbsil.com and
click on  Personal Health
Manager (PHM).

Get Started Now...

With the **Personal Health Manager (PHM)**, an online resource that helps connect you to information and online tools designed to help you maintain your health.

Every time you track a fitness workout, report a meal, use any of the expert coaching features, or utilize other features of the **For Your Health** section of the PHM, you will earn Blue PointsSM. These points are redeemable at the Blue Points Redemption Center on the PHM for health promotion products and other merchandise.

The **For Your Health** section is an interactive program that can help you strive toward a healthier lifestyle in four areas:



Get Fit

Customized workout programs



Eat Right

Interactive meal planning tools to build healthy nutrition and promote safe and effective weight loss



Live Well

Life skills tools to deal with topics such as stress and workplace relationships



Kids and Teens

A program to encourage parent-child interaction and to help develop healthy habits

Get Fit

- Customized cardiovascular, strength and flexibility plans
- Accommodates everyone from beginner to expert
- Provides a virtual demonstration of each exercise, enabling you to learn proper technique
- Advances automatically to optimize progress
- Automatically calculates daily caloric burn rate

Eat Right

- Personalized nutrition plan that can integrate with your exercise plan
- Recommends calories and servings from all major food groups
- Daily meals are recommended or you can create your own
- Automatically calculates and compares daily intake to recommended intake
- Adjusts recommendations according to activity levels

Live Well

- Create a self-improvement plan that can focus on community and core values
- Provides stress and anxiety management
- Helps build and strengthen coping skills such as optimism, listening, gratitude and friendship
- Instills a positive sense of life balance
- Helps you effectively deal with life's challenges

Kids and Teens

- Parents and children can select activities that focus on nutrition, being active, and developing life-skills
- Children can check off activities daily and track their progress by watching points accumulate

Expert Coaching

You have 24 hour online access to a staff of trainers, registered dietitians, psychologists and nurses.

Ask A Nurse +

Ask a registered nurse your health-related questions.

Ask A Trainer ↔

Ever wonder what some effective exercises are to flatten your stomach or how to train for a 10K run? Ask one of our certified personal trainers!

Ask A Dietitian 🍏

Is it true that green tea is really good for you? Ask a registered dietitian questions about food and nutrition.

Ask A Life Coach ❤️

Dealing with illness or death of a loved one? A life coach can provide information on coping skills that may be used to tackle life's daily challenges.

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