

## Timing is everything

*Head off health surprises with preventive screenings*

Preventive health screenings are an important way to keep your health in check and avoid costly medical problems down the road. And now you have a convenient, centralized resource to help you manage your health screenings—the Personal Health Manager through Blue Access® for Members. If you haven't already familiarized yourself with the site, take some time to log on to [www.bcbstx.com](http://www.bcbstx.com).

Remember to schedule your screenings each year and when you get your numbers during a medical visit, write them down. You can even save them in your own *Personal Health Record* to compare results from year to year. Understanding your preventive screening numbers is just as important as getting them. If you need help knowing what your numbers mean, you can turn to the Personal Health Manager's *Ask A Nurse* feature where you can send confidential e-mail messages to a registered nurse. It's also a good idea to find out when your numbers should be re-checked and what your targets should be.

If you have trouble remembering to schedule your screenings, don't worry. The Personal Health Manager will also provide reminder messages about cholesterol checks, mammograms, PSAs, and other types of screenings. Just look for the alarm clock reminder in the *Reminders* section of your Personal Health Manager home page.

Most of us like surprises, but not when it comes to our health. With timely screenings, and a little help from the Personal Health Manager, health surprises can be a thing of the past.

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### **Easy Answers for Your Health Questions**

You've made the decision to get your regular health screenings. What else can you do to safeguard your health? You've heard it before, but physical activity, nutrition and stress management are key to achieving good health. Let the Personal Health Manager pave the way with easy-to-use programs all in one place for nutrition smarts, health-changing fitness and stress-lowering strategies. E-mail your questions to get help and support from:

- *Ask A Trainer* – personal trainers for fitness tips
- *Ask A Dietitian* – registered dietitian's to get healthy eating guidance
- *Ask A Life Coach* – trained life coaches that equip you with effective life skills

When you ask for help at the Personal Health Manager, you'll get more than you've ever imagined!