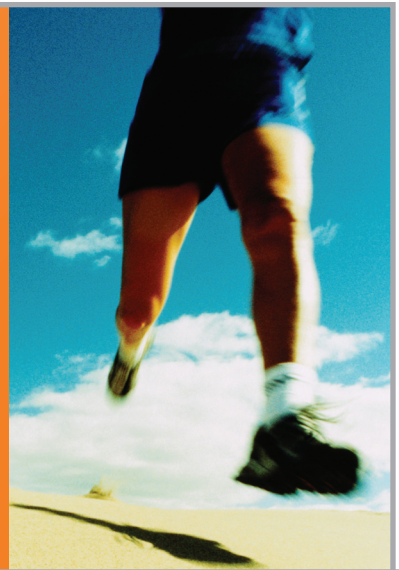


Healthy Living Programs Pathways to Healthy Living.



HealthyBlue® offers innovative health and wellness programs including Healthy Living Programs. These programs provide an action plan for better health.

Available for Blue Cross Blue Shield of Arizona members, these programs are action-oriented, encouraging and confidence-building. They are self-paced with dynamic, personalized programming that bases next steps on your health level and program progress. You'll get weekly e-mail reminders emphasizing the goal of the week along with a to-do list to keep you moving toward better health. And, because these programs are Web-based, you can access the programs online any time, from anywhere at your convenience.

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There's no cost and no better time to start than right now. Visit azblue.com/HealthyBlue and enter your information into the My BluePrintSM health assessment and you'll be on your way to healthy living.

Learn More

Call: (877) My-HBlue (877-694-2583)

Click: azblue.com/HealthyBlue

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HEALTHY LIVING PROGRAMS CAN HELP YOU TAKE STEPS TO A HEALTHY LIFESTYLE AND OFFER SUPPORT FOR THE FOLLOWING:

- Weight Loss
- Healthy Aging
- Cancer-Fighting
- Get In Shape
- Easy Start
- Smoke-Free
- Healthier Diet
- Healthy Heart
- Diabetes-Fighting
- Stress Relief
- Healthy Kids
- Healthy Seniors
- And more

HEALTH ASSESSMENT

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