



**You push the
buttons, but does
your remote
control you?**



**BlueCross BlueShield
of Oklahoma**

Don't let the remote control you. Take an active role in managing your health.

Today, nearly 27 percent of Oklahomans are considered obese. The Blue Cross and Blue Shield Association reports that health problems associated with being overweight or obese costs Americans \$98 - \$129 billion each year.

Blue Cross and Blue Shield of Oklahoma's **Personal Health Manager** provides you with a way to better manage your health choices. With online information tailored to your health needs, you can create a healthy meal plan, get tips on how to increase your physical activity, and much more.

Visit **www.bcbsok.com** and log on to **Blue Access for Members** to find your **Personal Health Manager**.

Source: United Health Foundation

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**A stronger, healthier
Oklahoma begins
at www.bcbsok.com**



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