



**BlueCross BlueShield of Texas**

*Experience. Wellness. Everywhere.®*



**Diocese of Brownsville**

# Music to your ears: get healthy and stay healthy!

Take your **Health Risk Assessment**  
for a chance to win\* an iPod®!

We're all looking for easy ways to stay healthy. Blue Access for Members<sup>SM</sup> (BAM) is your secure online resource for many interactive health and wellness tools, including the **Health Risk Assessment (HRA)**. This tool helps identify any health risks and provides recommendations for making positive, healthy lifestyle changes.

If you register for or log in to BAM between **January 1, 2012**, and **January 31, 2012**, you'll be entered automatically into a drawing to win a **\$25 iTunes gift card!** Better yet, complete the online HRA, you will be entered into a second drawing to win an **iPod Shuffle or iPod Nano!**

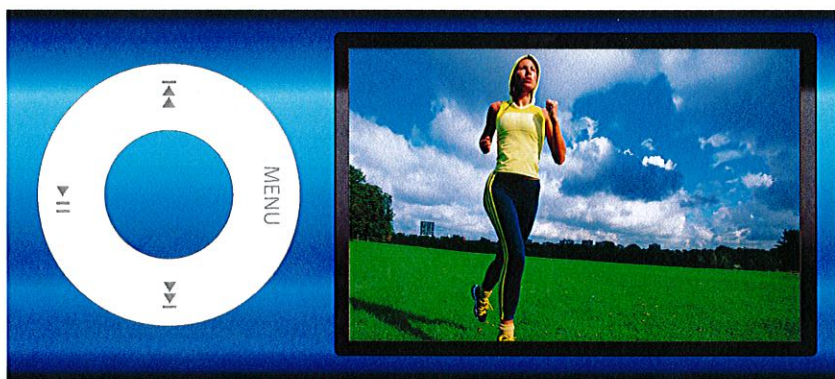


Take your  
**Health Risk Assessment**

## 1 Log in to BAM.

Not signed up? All you need are the group and member numbers found on your Blue Cross and Blue Shield of Texas ID card.

## 2 Under Quick Links, click **Take Your Health Risk Assessment.**



[bcbstx.com](http://bcbstx.com)

### **iPod Nano/iPod Shuffle/iTunes Gift Card Promotion Details**

Diocese of Brownsville employees who register for or log in to Blue Access for Members between **January 1, 2012**, and **January 31, 2012**, are entered into a drawing to win a \$25 iTunes gift card. Diocese of Brownsville employees who log in to Blue Access for Members between **January 1, 2012**, and **January 31, 2012**, and complete an HRA are entered into a second drawing for an iPod Shuffle or iPod Nano.

\*One iTunes gift card will be given away. One iPod Shuffle will be given away for the first 10 HRAs completed. One iPod Nano will be given away for an additional 20 HRAs completed. A second iPod Nano will be given away for an additional 50 HRAs completed (two maximum). Your odds of winning will depend on the total number of entries received, with one entry per person. The prize value will not exceed \$150. No purchase is necessary. A purchase will not improve your chances of winning. Shipping and handling will not be the responsibility of the winner. Promotion participants must be Diocese of Brownsville employees who are current members of Blue Cross and Blue Shield of Texas. Promotion rules are subject to change without prior notice. The winner must be notified within 15 days of winning the prize. No restrictions apply.

iPod®, iPod Nano® and iPod Shuffle® are registered trademarks of Apple Inc. This promotion is not endorsed by, affiliated with or sponsored by Apple Inc.

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