



here's to good health!

INTRODUCTION

Here's to good health for you and your loved ones!

We are pleased to inform you that you are now a proud owner of the **Blue Cross Health Book**.

Blue Cross believes that everyone should have a “take charge” attitude about one’s health. If you are armed with the right information, you will realize that many common ailments are easy to prevent and treat. We also believe that it’s important to recognize your body’s warning signs before a condition becomes serious. If and when you need to see your doctor, it’s important to be able to describe your symptoms accurately and ask the right questions afterwards. Having a good grasp of health information goes a long way in lessening the fear and anxiety that go with living in today’s uncertain times.

The **Blue Cross Health Book** is a reader-friendly book aimed to help you achieve that pro-active attitude. While not meant to replace professional medical advice, it will give you the basic information you need to understand your body better and to take the right steps in protecting it.

Aside from our excellent medical and travel plans, Blue Cross continues to find ways to better serve our customers. The **Blue Cross Health Book** is our way of going the extra mile for our clients. We want to be your partner as you embrace healthy living. Make this book a handy tool in your household, or bring it with you when you travel. We believe that it will empower you so you can pursue the best of what life has to offer.