

HealthyBlue® Online



As a member of Blue Cross Blue Shield of Arizona (BCBSAZ) you have access to engaging and interactive online health tools and resources through HealthyBlue, BCBSAZ's health and wellness program. Online health news and articles, assessments, health programs and more are just a click away with HealthyBlue online. Now, you can search health information and check symptoms and medications from the convenience of your computer, any time, anywhere you have access to the Internet.



HealthyBlue Online is a part of BCBSAZ's HealthyBlue, our integrated program of tools, resources and services that can help you live a healthier lifestyle.

Learn more.

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

Click: azblue.com/HealthyBlue

HEALTHYBLUE ONLINE*

- My BluePrintSM
- Healthy Living programs
- *WalkingWorks*[®]
- Search health guides
- Fitness content
- Nutrition content
- Illustrated health encyclopedia
- Pregnancy health center
- Hospital comparison tool
- Ask-A-Nurse
- Drug encyclopedia
- Personal Health Record

* Availability of programs and services will vary. All programs may not be available to all members.



ONLINE TOOLS

azblue.com/HealthyBlue



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