



**BlueCross BlueShield
of Alabama**

An Independent Licensee of the Blue Cross and Blue Shield Association.



**FOR YOUR
HEALTH**

Information For a Healthy, Safe Lifestyle

Health Information Readily Available with For Your Health

Knowing how to live a healthier lifestyle is the first step to good health, but with so much health information available, it may be difficult to know where to turn. With Blue Cross and Blue Shield of Alabama's *For Your Health* educational materials, health information is available at the touch of a button. By using your computer or telephone, you can obtain valuable information about health issues such as nutrition, exercise, safety and illness.

Blue Cross offers a variety of For Your Health pamphlets including:

DISEASE AND ILLNESS

- FYH-2** Warning Signs of Diabetes
- FYH-37** High Blood Pressure: Risk Factors
- FYH-46** Breast Cancer: Take Steps for Early Detection
- FYH-47** Coronary Artery Disease
- FYH-87** Alzheimer's "The Disease of the Century"
- FYH-88** Heart Attacks: Know the Warning Signs
- FYH-89** Stroke: Know the Warning Signs
- FYH-120** Osteoporosis: Building Strong Bones
- FYH-122** Prostate Cancer: The Importance of Early Detection
- FYH-139** Testicular Cancer: Early Detection is Essential
- FYH-165** Heart Healthy: Prevent Heart Disease
- FYH-174** Congestive Heart Failure
- FYH-184** Lung Cancer: Get the Facts
- FYH-185** Colorectal Cancer

HEALTHY LIFESTYLES

- FYH-4** Lowering Your Cholesterol
- FYH-13** Healthier Eating Means Better Living
- FYH-14** Exercise: Make Time for It
- FYH-99** Food for the Heart: A New Menu
- FYH-162** Easy Exercise
- FYH-188** A Healthy Plate for a Healthy Weight
- FYH-189** Better Health with Fruits and Vegetables

SAFETY

- FYH-97** Seniors Falling: Factors and Prevention
- FYH-1173** EPI: Life-Saving Service

Obtain by Internet

You can view these and other pamphlets on the Internet at www.foryourhealth.org. Select the topic you want to learn more about, and click "Go." Click the link for the pamphlet you would like to view. Print it by using the print command on your web browser.

Obtain by Telephone

To order one of these informational pamphlets by telephone, call the customer service number on the back of your Blue Cross identification card. Tell the Customer Service Representative the name of the *For Your Health* pamphlet you would like to receive. Providing the stock number (example: FYH-2 for "Warning Signs of Diabetes") is helpful.