



happens.  helps.

## Think outside the box.

When temptation strikes, Healthy Lifestyle Rewards can help. Eat smart, feel better, and boost your well-being with help from our nutrition program. Ready to escape those bad habits that have been boxing you in? Our online tools can explain nutrition labels, plan healthy meals, and track calories. Just register with Healthy Lifestyle Rewards, and you'll be rewarded with a healthier lifestyle!

### It's easy to start using our nutrition tools and programs.

Go to [blueshieldca.com](https://blueshieldca.com), log in, and click on *Healthy Lifestyle Rewards*, located under *Keep Me Healthy* on the right side. Don't have a blueshieldca.com user name? Just click on *Register Now*.