

Health and Wellness Information – Now Just a Click Away



Bluegrass Family Health is pleased to offer **Health Education Answers**, the online resource for our members who want to know more about their health and well-being. It's filled with information about wellness, as well as interactive features, surveys and games. The site also includes in-depth information about different health conditions. Members may log in to MyBluegrassInfo, click on **Health Education Answers**, and follow the simple directions.

Health Education Answers, developed by Eli Lilly and Company, begins with the Wellness Health Area that looks at ways to stay healthy at home. It not only offers information about home safety, but also about how to stop smoking, eat healthful foods, and set wellness goals. The Resource Center provides help finding information about asthma, allergies, heart disease and pregnancy. In addition, the following health areas are available at **Health Education Answers**:

Attention-Deficit/Hyperactivity Disorder (ADHD)

Depression

Manage Your Weight

Schizophrenia

Women's Health

Bipolar Disorder

Diabetes

Men's Health

Smoking and Addictions

Bluegrass Family Health offers our members access to this secure site as an educational resource to help find answers to health and wellness questions. This website contains general information and is not intended to replace any professional advice or health care treatment. The site also provides links to related websites as a convenience for our members. Bluegrass Family Health does not endorse or guarantee the accuracy of the information being provided. Members should contact their health care professional for specific information about their personal health.