

# Interested in bicycling?

Check out Pedal to Health, your guide for becoming a better, healthier bicyclist.



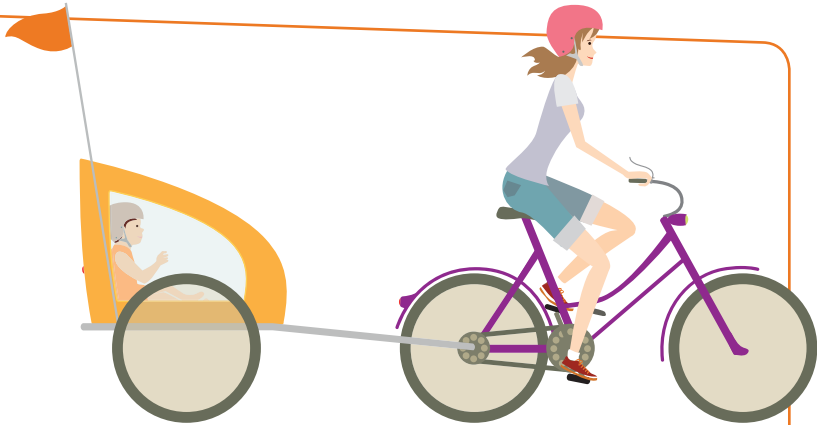
An Anthem Company



Did you know bicycling can be a healthy and fun way to prevent many health issues, like heart disease, diabetes and stroke? It can also help you manage your weight, and it's easier on your knees than jogging or running. Every time you ride a bike — whether it's just for fun or for a big race — you're taking big steps toward improving your health now and in the future.

Here are a few other health benefits of bicycling:

- It can lower your blood pressure and bad cholesterol.
- It can lower your risk for some types of cancers.
- It can help you manage stress, depression and anxiety.
- It's been known to improve your balance.
- It can prevent osteoporosis, which is the weakening of the bones.\*



## Get a big discount on bicycling gear

Members and their families can enjoy a special members-only discount at Performance Bicycle, the nation's largest cycling retailer. Log in to [empireblue.com](http://empireblue.com) and choose **Discounts** to learn more about this money-saving opportunity.

[Empireblue.com/pedaltohealth/ebs](http://Empireblue.com/pedaltohealth/ebs)

Your guide to better, healthier bicycling, brought to you by Empire BlueCross BlueShield

If you're ready to learn more about this exciting sport, go to [empireblue.com/pedaltohealth/ebs](http://empireblue.com/pedaltohealth/ebs)

Whether you're new at bicycling, training for a race or helping your child learn to ride a bike, Pedal to Health has something for you. Our website will give you personalized information to help you meet your goals — no matter your skill level.

Next, you can explore our town to learn quick and easy tips for:

- Buying a bicycle.
- Fitting a helmet.
- Finding a bike path nearby.
- Understanding local bike laws and safety tips.
- Staying hydrated and energized.
- Starting a bicycle fitness plan.
- Biking to work and much more!

You already have what it takes to have fun and get healthier by bicycling. We're just giving you the tools to learn more. Go to [empireblue.com/pedaltohealth/ebs](http://empireblue.com/pedaltohealth/ebs) and start pedaling your way to better health today!

\* Pedestrian and Bicycle Information Center: *Health Benefits of Biking and Walking* (accessed December 2, 2014): [pedbikeinfo.org](http://pedbikeinfo.org).