

Take control of your health

Take the Blue Cross Health & Well-BeingSM online health assessment



Take the Blue Cross Health & Well-Being health assessment, powered by WebMD®, to get a picture of your current health and your health risks. In an easy-to-read, interactive format, the health assessment asks you questions designed to evaluate your health. In addition:

- **It's fast.** Mobile-friendly and interactive, it takes about 10 minutes to complete.
- **It's effective.** It asks a variety of basic questions about your diet, exercise, sleep, medical history and lifestyle factors to give you a holistic view of your current health and a personalized plan for better health.
- **It's personal.** After you complete your health assessment, you'll receive everything you need to help you improve your health:
 - A health score based on an analysis of your modifiable health risks
 - A list of your highest-risk areas
 - A *Modifiable Risk Report* and a *Condition Risk Report*
 - A list of the next steps you can take to improve your health
- **It gives you information you can use.** After taking the health assessment and getting your results, use Blue Cross Health & Well-Being online resources to help you with whatever is on your plan — from exercise and diet trackers to Digital Health AssistantSM programs, it all starts here.

Before you start, gather this information:

- Blood pressure
- Total cholesterol
- High-density lipoprotein, HDL, cholesterol
- Low-density lipoprotein, LDL, cholesterol
- Triglycerides
- Blood sugar
- Height, weight and waist measurements
- Recent health screenings

You can take the health assessment even if you don't have this information. However, you'll receive more in-depth results if you provide this information.



Confidence comes with every card.®

It's easy to take the online health assessment

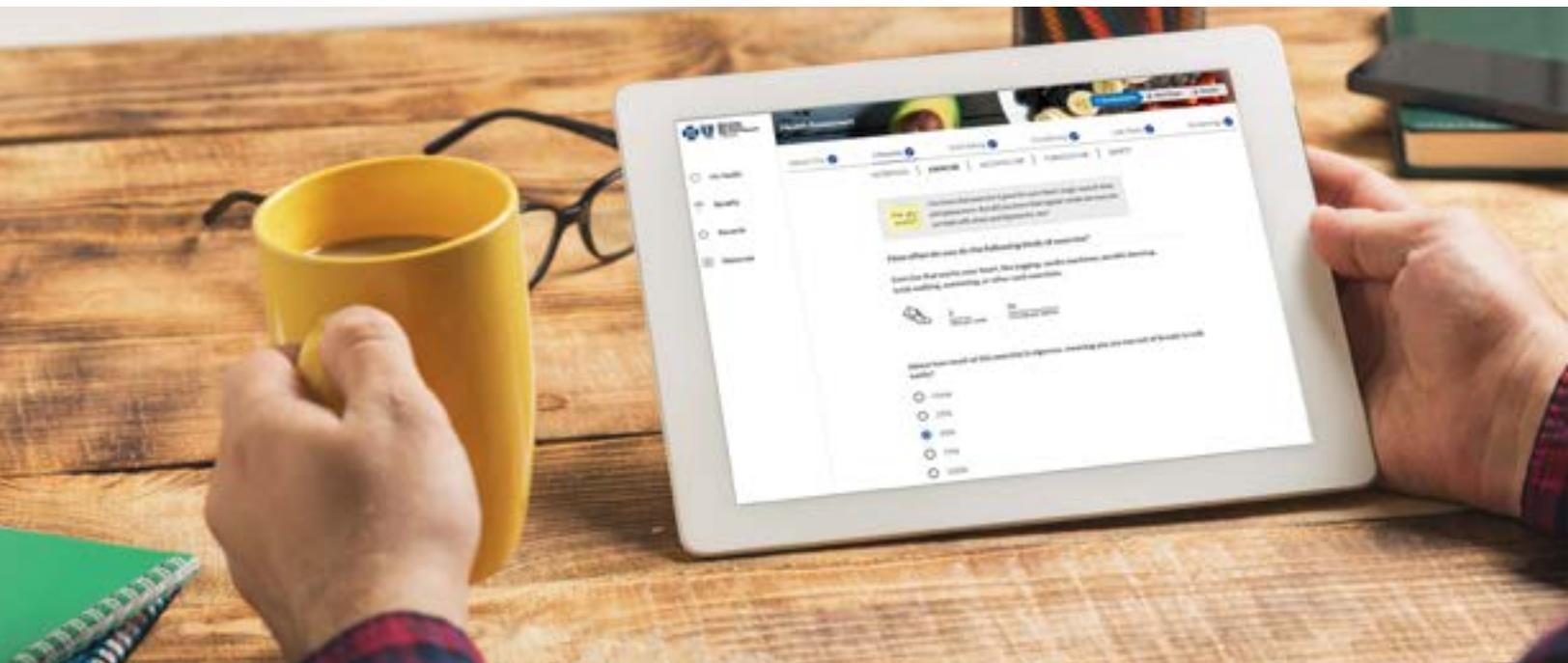
1. Log in to your Blue Cross member account at bcbsm.com or the Blue Cross mobile app.
 - If you're a first-time user, you must register. Your Blue Cross Blue Shield of Michigan or Blue Care Network ID card has all the information you need to do this.
2. Click or tap *Health & Well-Being*, then *WebMD Health Services*, to enter the Blue Cross Health & Well-Being website.
 - If it's the first time you're entering the Blue Cross Health & Well-Being site, you'll need to register accept the terms and conditions, provide the information requested and choose your areas of interest to customize the website.
3. From bcbsm.com, click on *Health Assessment* on the home page or in the menu. From the app, tap *Health Assessment* in the menu.
 - Click on *Take It Now* in the box that pops up.
 - Make sure you click or tap *Save & Continue* before you move to the next set of questions.
4. Once you've answered all the questions, you can review your responses by clicking on *Review Answers*, or complete your assessment by clicking on *Finalize*.
5. Complete the additional sections about healthy changes, contact information and feedback. Click on *Finish* when you're done.

We'll receive your health assessment responses and you'll instantly be taken to the Results page where you'll see your health score and other valuable information that can help you improve your health.

If you have problems registering, questions about the app, or need help installing or using it call the Web Help Desk at 1-888-417-3479.

Your privacy is protected

The information in your health assessment is confidential and will be disclosed only as permitted by federal and state privacy laws.



WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing health and Well-Being services.

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