



Take control of your health

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



FOR YOUR INFORMATION

EDUCATE

ENGAGE

EMPOWER

The Blue Cross Health & Well-Being health assessment, powered by WebMD®, gives you 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. The assessment:

- **Is fast.** It takes about 10 minutes to complete.
- **Is effective.** It asks a variety of questions about your diet, exercise, sleep, medical history and lifestyle to provide a comprehensive view of your current health and a personalized plan for better health.
- **Is personal.** After you complete your health assessment, you'll receive the following:
 - 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
- **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 carry out a plan to improve your health — from exercise and diet trackers to Digital Health AssistantSM programs.

You can also see how your health score compares to others who have completed the WebMD health assessment.

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

If you don't have this information, you can still take your health assessment. But having this information will provide you with more in-depth results.

The information included in this document doesn't apply to Medicare members.

To take the online health assessment

1. Log in to your member account at bcbsm.com.
2. Select *Health & Well-Being* in the navigation menu, then *WebMD Health Services* (you'll be redirected to another page).
3. Select *Resources* in the navigation menu, then *Assess Your Health*. Then select the *Health Assessment* card and *Take It Now*.
4. After you've answered all the questions, select *Finish*. 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.

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 Care Network by providing health and well-being services.

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