

# Take control of your health

## Take the Blue Cross® Health & Wellness online health assessment

Take the Blue Cross Health & Wellness 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 & Wellness online resources to help you with whatever is on your plan — from exercise and diet trackers to Digital Health Assistant<sup>SM</sup> programs, it all starts here.

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



Blue Cross®  
HEALTH & WELLNESS

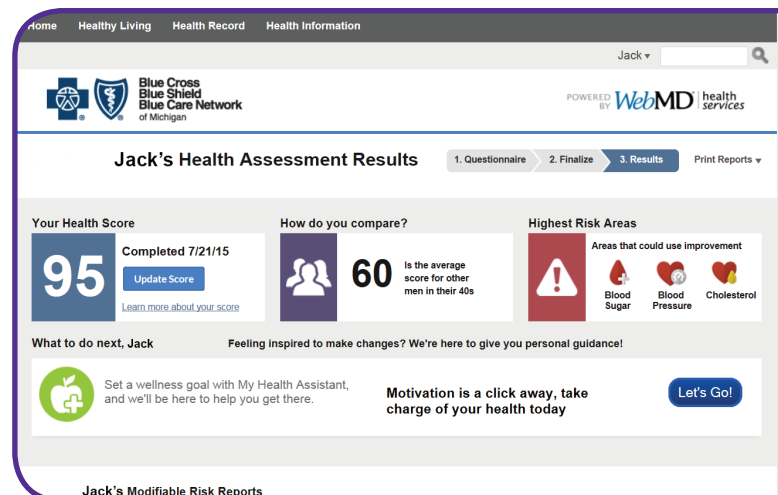
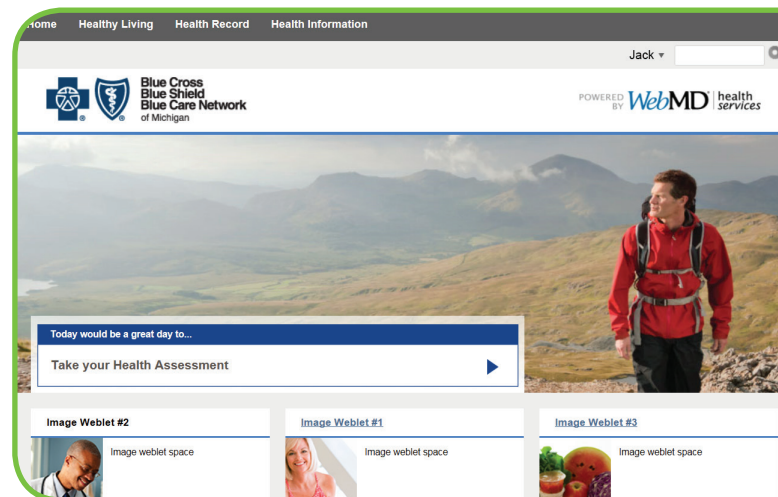
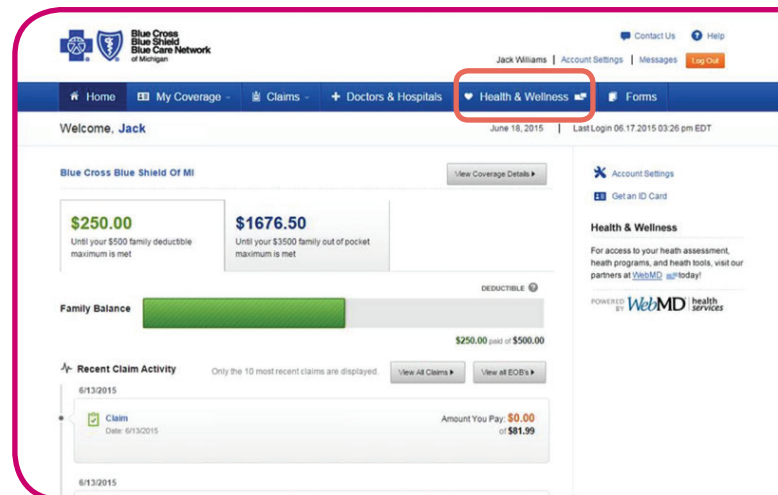
## It's easy to take the online health assessment

1. Log in to **bcbsm.com** as a member.
  - If you're a first-time user, you must register for **bcbsm.com**. Your Blue Cross Blue Shield of Michigan ID card has all the information you need to do this.
2. Click the *Health & Wellness* tab to enter the Blue Cross Health & Wellness site.
  - If it's the first time you're entering the Blue Cross Health & Wellness site, you'll need to register.
3. Click *Take Your Health Assessment* on the home page. Or click on *Health Assessment* under the *Healthy Living* tab.
  - You'll see a brief tutorial before you start your questionnaire. Click *Take It Now* to start.
  - Make sure you click on *Save & Continue* before you move to the next set of questions.
4. Once you've answered all the questions, click on *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.

If you have problems registering as a member at **bcbsm.com**, 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 by providing health and wellness services.

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