

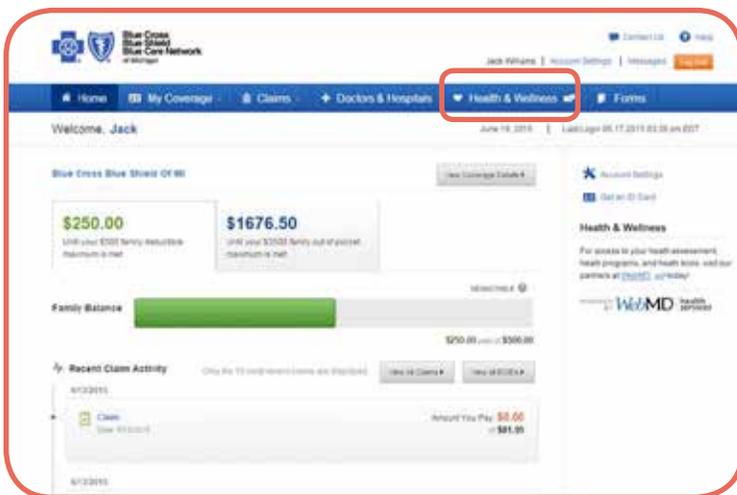
Health assessment provides personalized plan

The Blue Cross® Health & Wellness online health assessment, powered by WebMD®, will evaluate your health, note your health successes and suggest how to improve. Completing the health assessment takes about 10 minutes. Please have this information with you before you start, so you'll get a more complete picture of your health: blood pressure, cholesterol levels, blood sugar, height and weight.

After completing the health assessment, you'll get:

- A health score developed from an analysis of your modifiable health risks
- A list of your highest risk areas
- A *Modifiable Risk Report* and a *Condition Risk Report*
- Next steps you can take to improve your health lifestyle changes

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 a member account at **bcbsm.com**. Your Blue Cross ID card has all the information you need to do this.

2

Click on 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.

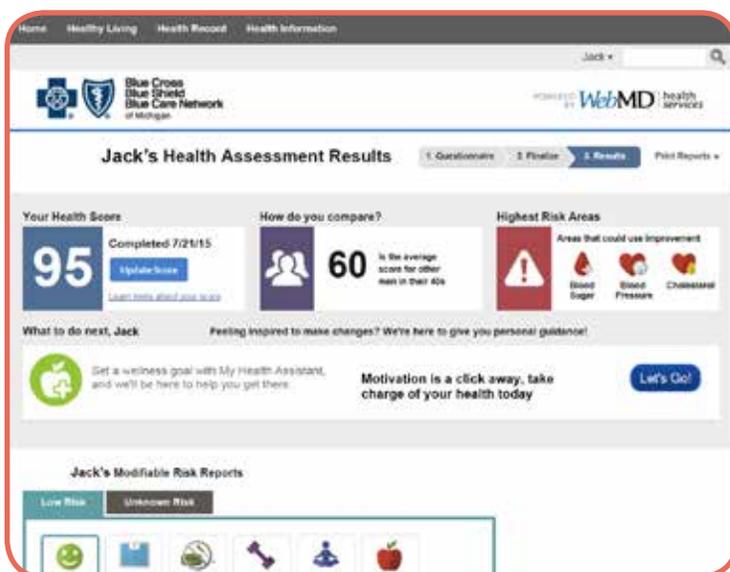
WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and wellness services.



3

Click on *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 on *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. Then 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.