

**READY
TO HELP**



Blue Cross Well-BeingSM

Get a health check

Health Assessment

Take this simple survey to get a picture of your current health and your health risks. You'll learn your strengths as well as areas for improvement and get personalized recommendations to help you tackle your well-being goals. We work with Personify Health™ to offer this resource to you and your eligible family members 18 and older at no added cost.

- **It's fast.** Mobile-friendly and interactive, it takes about 15 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 risk areas
 - Information about steps you can take to improve your health



Before you start, gather this information:

- Blood pressure
- Total cholesterol
- High-density lipoprotein
- HDL, cholesterol
- Low-density lipoprotein
- LDL, cholesterol



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.

Getting started is easy

STEP 1

Log in to your member account at bcbsm.com or our mobile app. From bcbsm.com, click the *Programs & Services* tab. Then select *Blue Cross Well-Being* under *Quick Links*. From the app, select *Programs & Services*. Then select *Health Care & Well-Being*. Scroll down to *Blue Cross Well-Being*. First-time visitors will need to enroll.

STEP 2

Select the *Health* tab and then *Surveys*.

STEP 3

Take the health assessment survey and gain a clear snapshot of your health.

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



Personify Health is an independent company that provides health and well-being services on behalf of Blue Cross Blue Shield of Michigan and Blue Care Network.

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