

# My BluePrint<sup>SM</sup> Health Assessment



**T**ake control of your health with HealthyBlue<sup>®</sup> and My BluePrint.

My BluePrint is an online health assessment and virtual health advisor that will provide you with a personalized report on your health and how you can improve it.

The My BluePrint health assessment is integrated with other HealthyBlue services including Healthy Living Programs and Health Coaching. Healthy Living programs assess your readiness to make healthy lifestyle changes and provide long-term support in more than 10 key areas of health. Health Coaching provides personalized support and guidance in six health coaching programs based on your health needs.

Best of all, these programs are available at no out-of-pocket cost to BCBSAZ members.

On the back page, you'll find easy-to-follow instructions for completing your health assessment online.

## BENEFITS OF MY BLUEPRINT

- Interactive, online health assessment
- Immediate feedback and results
- Integrated with Healthy Living Programs
  - Weight Loss
  - Healthy Aging
  - Cancer-Fighting
  - Get In Shape
  - Easy Start
  - Smoke-Free
  - Healthier Diet
  - Healthy Heart
  - Diabetes-Fighting
  - Stress Relief
  - And more

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# Instructions for Taking the My BluePrint Health Assessment

## Access BlueNet

First, go online to [azblue.com/HealthyBlue](http://azblue.com/HealthyBlue)

Then you'll need to register for BlueNet Services: (skip this step and just log in to BlueNet if you are already registered).

1. Go to [azblue.com/HealthyBlue](http://azblue.com/HealthyBlue) and select the registration link under the "Register for BlueNet?" section located near the right side of the page. Select the drop down box for "Members."
2. Review the terms and conditions of the Web site and click "Accept" if you agree.
3. The next screen will ask if you are a member or new enrollee. Select "member" if you are currently covered by a BCBSAZ health plan, otherwise, select "new enrollee."
4. On the next screen, enter the requested information, then choose a login ID, a password and a back-up security question.
  - a. If you are covered by a BCBSAZ plan as a "member," enter the relevant information exactly as it appears on your ID card.
  - b. If you are a "new enrollee," (a member who has not yet received an ID card) be sure to enter your name as it appears in your employer's records.

5. Congratulations! You are now registered for BlueNet online member services. You may now select "Login to BlueNet" and proceed to the My BluePrint Health Assessment.

## Complete Your My BluePrint Health Assessment

**Step 1:** Once you've logged in to BlueNet, look next to your name for the heading, "What's New." Under that heading, click on the link, "My BluePrint Health Assessment."

**Step 2:** Follow the instructions on the subsequent pages to complete your My BluePrint health assessment.

**Step 3:** Once you complete the health assessment, be sure to take note of your score and take advantage of one of the many Healthy Living programs available to you.

### Learn more:

Click: [azblue.com/MyBluePrint](http://azblue.com/MyBluePrint)

Call: (877) My-HBlue (877-694-2583)

For assistance with BlueNet registration, please contact BCBSAZ e-Commerce Services at (602) 864-4844 or (800) 650-5656, Monday through Friday, 8 a.m. – 4:30 p.m.