

Health and wellness portal registration instructions

Questions? E-mail bwell@bcbsvt.com

I want to access the health and wellness portal and have not created a username and password.

Go to: <https://mybluehealth.bcbsvt.com> If you did not take the Health Assessment you will need to register on the portal first by clicking the sign up button under **“First Time Users: Register Here”**.

NOTE: Under **“Account Setup”** you will need to create a **username** with no spaces (i.e. “123456”) and a password with the following password requirements:

- At least one capital letter
- At least one number
- At least one special character (!@#\$%^&)
- Minimum eight characters in length

USERNAME

Although it is not required, you are encouraged to provide your e-mail address so that you can retrieve your login information if you forget it.

Keep this card handy and be sure to write your username and password down in the spaces provided below.

Under **“Member Information”** enter your name as it appears on your Blue Cross Blue Shield Insurance Card. If your middle name is not on the card please leave the middle name field blank. **If you are not insured by Blue Cross Blue Shield**, enter your name as it appears on your paycheck. If you are unable to register please make note of the message on the screen and email it to bwell@bcbsvt.com

PASSWORD

I’ve already created an account but I forgot my login information.

I forgot my password:

Go to: <https://mybluehealth.bcbsvt.com>. Click on **“Forgot Password”**. Follow the prompts. If you registered your account with an e-mail address, a temporary password will be issued to you.

If you did not provide an e-mail address or your e-mail address is outdated, you will be asked to contact the administrator. E-mail bwell@bcbsvt.com.

If you do not receive a temporary password, check your spam folder. It may take up to 30 minutes to receive the temporary password in your inbox.

I forgot my username:

Go to: <https://mybluehealth.bcbsvt.com>. Click on **“Forgot Password”**. On the screen, you will have the option to select **“Forgot Username”**

Follow the prompts.

E-mail bwell@bcbsvt.com if you still need help.

Health and wellness benefits administered by



**BlueCross BlueShield
of Vermont**

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