



The signs
of a healthier Vermont

A Healthier You is a Health Assessment Away

A health assessment is an easy and efficient way to gather information about your health status.

Start here for a healthier you.

A health assessment is a confidential questionnaire that provides you with a picture of your overall health, confirms what you are doing well and identifies areas for improvement. It is an important first step to recognize and reduce your health risks and covers a wide range of health issues and concerns, from stress level and nutrition habits to physical health and work environment.

The health assessment takes about 15 minutes to complete. Upon completion, you will receive a personalized health report that reviews each of your areas of health. You will also receive a risk advisor, which outlines your specific areas of risk and provides follow up educational materials and interactive workshops tailored to your areas of risk.

We suggest that you have your current biometric information available for total cholesterol (HDL/LDL), triglycerides, fasting glucose and blood pressure to receive the most accurate recommendations, but this information is not required to take the



health assessment. To access the online health assessment, visit <https://mybluehealth.bcbsvt.com> to register and log in to My Blue Health Wellness Center. In addition to the health assessment, you will find a personalized dashboard and many useful tools and resources that can help you achieve your health and wellness goals. My Blue Health Wellness Center is also available on your mobile device, making it more convenient to access and track your health and wellness goals when you're on the go.

Please call customer service at the phone number on the back of your ID card if you have any questions.

