



# TAKE YOUR HEALTH PERSONALLY – TAKE THE HEALTH ASSESSMENT

Blue Cross and Blue Shield of Texas has partnered with Well onTarget<sup>®</sup> to provide wellness programs and incentives to HealthSelect<sup>SM</sup> participants. Take a snapshot of your health by completing the Health Assessment.

Just a few minutes and some personal details – how you eat, how you sleep, how you live your life – can give you a personalized map to your best health. You can find out your risks and your best options to avoid them. Your customized Personal Wellness Report can tell you how to go from good to better.

The Health Assessment (HA) consists of nine modules, which you can complete all at once or over time, as your schedule permits. These modules include questions about your:

- Diet
- Physical activity
- Tobacco use
- Emotional health
- Overall health at work and on the road
- Height and weight
- Blood pressure
- Total cholesterol level
- HDL cholesterol level
- Triglyceride level
- Blood sugar level
- Waist measurement in inches

While it's not necessary, it would be helpful to have a few personal details on hand when you begin the HA, including your:



YOUR INFO: Let's get started

75%



>> 3. What is your height without shoes?

Feet  Inches

> 4. What is your weight?

Pounds

SAVE AND CONTINUE

## Take Your Health Assessment Today

### 1. Access Well onTarget and the HA via Blue Access for Members<sup>SM</sup>.

- » Go to [www.healthselectoftexas.com](http://www.healthselectoftexas.com).
- » Click on "Log In" in the upper right-hand corner. If you already have a Blue Access for Members account, log in. If you do not have an account yet, click "Register Now" and use your medical ID card to create an account.
- » Once you're logged in to Blue Access for Members, click "Well onTarget" under the "Quick Links" on the left.
- » If you've already registered for Well onTarget, you'll be signed in automatically. If this is your first visit to Well onTarget, answer the questions to create your account.

### 2. Take the Health Assessment

- » If you have not taken your HA, there will be a pop-up notification after you log in. You can also take your HA by clicking on "Start" in the "Health Assessment" box at the top of your dashboard.
- » Once you have completed the HA, your reports will be available in this section. To get a certification of completion, click "Menu" in the top left, then "Certificates."

Completing the HA earns 2,500 Blue Points<sup>SM</sup>.

## How will the Health Assessment be personalized?

You will begin by answering a few basic questions. Then, the HA will ask you more detailed questions based on your answers to the first set of questions.

## What should I do with my results?

After completing the HA, you will get a confidential Personal Wellness Report. This can help take the guesswork out of wellness. The report will show you how you are doing and give you healthy tips. You can even print out a Provider Report to share with your doctor.

When you know your risks, you can choose your best options to avoid them. When you know your strengths, you can decide to build on them.

Have questions about the HA or Well onTarget? Call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday-Friday 7 a.m. - 7 p.m. and Saturday 7 a.m. - 3 p.m. CT.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas<sup>®</sup> and Consumer Directed HealthSelect<sup>SM</sup>.

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Well onTarget<sup>®</sup>

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If your employer gives you wellness incentives for completing a health assessment, remember to give your Benefits/Wellness coordinator your Certificate of Completion once you've taken the Health Assessment.