

it's time to assess your health

Online health assessments help you understand your levels of health and fitness and how to improve them if necessary. Health assessments also help your doctor focus on your specific needs and provide targeted care.

Health assessments can:

- Identify potential health risks
- Provide you access to covered benefits (e.g., health coaching, health promotion programs)
- Help you to track personal goals online

Before you start:

1. Have your member ID card handy.
2. Ask your doctor for your cholesterol levels (total, HDL, and LDL) and blood pressure (not required, but helpful)
3. If you don't know an answer, don't guess – this can skew your assessment results.

Your health assessment provides an accurate reflection of your wellness level. You'll receive a personal scoring and information regarding your:

- Overall wellness
- Physical activity
- Tobacco use
- Dietary needs
- Blood pressure
- Mental health
- Cholesterol
- Stress level
- Weight
- Body mass index (BMI)

Information you provide through health assessments is confidential and is not shared with your employer. For more information about our privacy practices, visit bsneny.com.

See the reverse side of this flyer for step-by-step instructions on how to take your health assessment.



healthy changes
everything:



BlueShield
of Northeastern New York

step-by-step instructions for completing your health assessment

If you're new to *Online Services*:

1. Go to bsneny.com and sign in.
2. Select *Member* from the *I am a* drop-down menu.
3. Click *Register Now* under the *Sign in* area.
4. Enter your identification number, group number, and member number.
5. Click *Continue With Registration*.
6. Fill in the required fields to complete your registration.

After you complete your registration, log into *Online Services*.

To log in to *My Health*:

1. Go to bsneny.com and sign in.
2. Under *My Online Services*, click *My Health*.
3. Click *Know Your Health Status* under *Start Here*.

You'll need about 15 minutes to complete the survey.

After you've completed the survey, you will immediately receive your personalized profile. Review your profile and under *Start Here*, click *Take a Wellness Workshop*, *Tour My Wellness Website* to take full advantage of *My Health*.

Hint: You can add wellness workshops to your to-do list and track your progress.

bsneny.com

Healthy changes **everything**SM Top 10:

10 perks offered by your health plan that you may have overlooked!

1. Health plans are so much more than payers, paper pushers and claim processors!
BlueShield is a wellness company.

2. BlueShield members have access to everything they need to support a healthy lifestyle.

We offer no-cost health coaching services for members who may need a little extra support – like setting and achieving a wellness goal of losing some weight or quitting smoking. We also have a team of nurses in our disease and case management programs to manage chronic conditions and get the best care possible for more complicated illnesses.

3. Anywhere and anytime you have access to the Internet, BlueShield offers you better health right at your fingertips!

By visiting the BlueShield of Northeastern New York website and registering your own user account, you can do things like:

- Search from a large, national directory of discount wellness providers (fitness centers, massage therapists, chiropractors, etc.)
- Set personal wellness goals, track your progress, create healthy meal plans and shopping lists, and much more
- Order new ID cards
- Change your provider, and much more

4. Also located online within the secure member portal is a health risk assessment.

- Is available to any member age 18 or older
- Identifies potential health risks
- Is confidential
- Takes about 10, no more than 15 minutes to complete
- Provides you with an immediate report of your results

5. Did you know that you have access to a 24/7 health concierge service?

- The Health Advocate program is available to you and your family, even if they are not BlueShield members
- An advocacy service to help you find the best doctors and hospitals
- Assistance with untangling complicated / unresolved claim issues
- Assistance with elder care
- Unbiased support and advice to help you navigate the health care system
- Call **1-800-359-5465**

6. Did you know that we have a leading edge member back care program administered by our in-house chiropractor?

- BlueShield members can consult with our chiropractor and engage in phone coaching for anywhere between 1 and 16 sessions
- Information in the sessions may include tips for managing your chronic pain, exercise techniques, strengthening tips, and strategies to help you avoid high risk situations
- www.BSNENY.com > **health & wellness > Back Care**
- Or you can call the toll-free number on the back of your ID card to enroll

7. Did you know that BlueShield members can take no-cost fitness and wellness classes in the community?

- One program per similar topic per calendar year (e.g. weight management, stress management, nutrition, smoking cessation, etc.).
- TWO fitness programs per calendar year (Zumba®, pilates, yoga, organized sports, etc.)
- Locate participating providers, the classes they teach and their phone numbers on our website: www.BSNENY.com > **health & wellness > BlueLife Health Education and Wellness Program**
- Contact the provider directly for more information or to enroll in a class

8. Did you know that eligible BlueShield members can obtain no-cost nicotine replacement therapy to quit smoking?

- We have partnered with the NYS Smokers' Quitline to help our members quit tobacco – the Inhale Life program
- Call **1-877-500-2393**

9. Did you know that BlueShield offers a comprehensive worksite wellness program?

- Technical support and assistance provided for wellness committees
- Wellness and motivational seminars for employees
- Technical assistance and educational resources to launch challenges and wellness campaigns
- For additional information, feedback or requests speak to your administrator

10. Coming soon! A new and improved web experience!

- Enhancing our current suite of online wellness services
- Streamlined, easier to navigate, user friendly
- Mobile technology capabilities
- Be on the lookout for announcements and anticipate changes after the new year!

Knowledge is not power, but *applied* knowledge is power! Healthy lifestyle choices and small changes over time will give you *big* results to be your best you!