

# UVM incentive *Health and wellness portal registration instructions* Questions? E-mail [bwell@bcbstv.com](mailto:bwell@bcbstv.com)

## I want to take the Health Assessment and have not created a username and password.

Go to: <https://mybluehealth.bcbstv.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@bcbstv.com](mailto:bwell@bcbstv.com)

PASSWORD

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

**I forgot my password:**

Go to: <https://mybluehealth.bcbstv.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If you did not provide an e-mail address or your e-mail address is outdated, you will be asked to contact the administrator.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@bcbstv.com](mailto:bwell@bcbstv.com).



The University of Vermont

Health and wellness benefits administered by



**BlueCross BlueShield of Vermont**

*An Independent Licensee of the Blue Cross and Blue Shield Association.*

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.bcbstv.com>. Click on **“Forgot Password”**. On the screen, you will have the option to select **“Forgot Username”**

Follow the prompts.

**E-mail [bwell@bcbstv.com](mailto:bwell@bcbstv.com) if you still need help.**