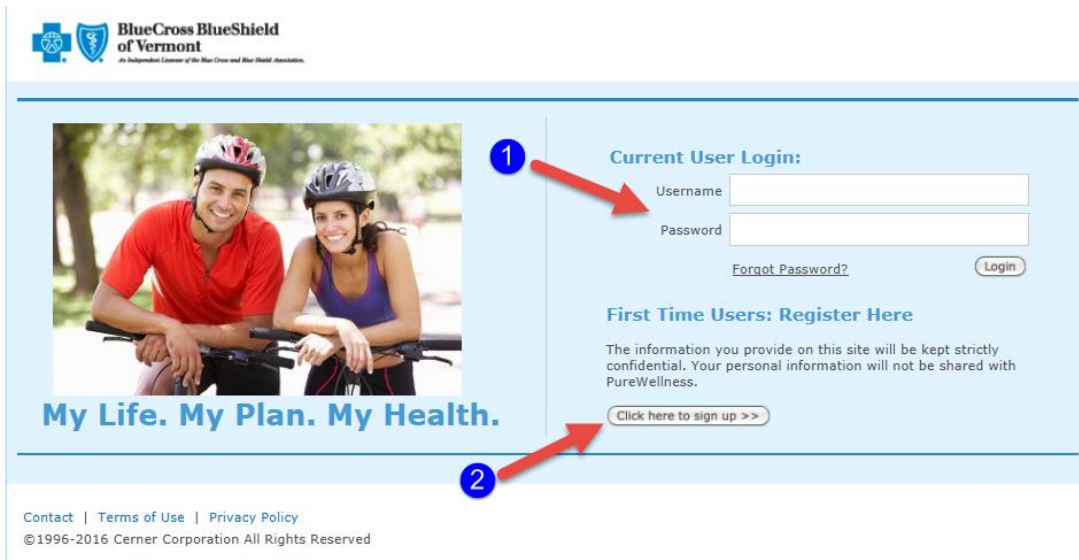


## How to Complete the Health Assessment

1. Login to your account on <https://mybluehealth.bcbsvt.com>
2. If you do not already have an account created, click on the button "Click here to sign up >>"



3. Click on the "Health" tab and then select "Health Assessment".



4. You'll be asked to answer a series of questions. The bar at the top of the assessment will tell you the progress. Be sure to click the green "next" button at the bottom of each page to continue through the health assessment.

8% Complete -- Jump To Section -- Go

## 2. Preventive Health

2.1) When was your last physical (leave blank if you can't remember)?

Month February Year 2016

2.2) When was your last pap smear (leave blank if you can't remember)?

Month - select month - Year - select year -  Not applicable

2.6) Do you take a folate supplement or multivitamin?

a) yes  b) no

2.13) Have you had a flu shot in the last 12 months?

a) yes  b) no

Previous 1 2 3 4 5 6 7 8 9 10 11 12 Save and Exit Next

5. If you've already completed the health assessment and just need to update your biometric screening results, click the dropdown option "—Jump To Section—" and select "Biometrics (optional)"

You earned 1 Point!

1

For informational purposes only and should not be used as a substitute for professional medical advice. This information is for informational purposes only and should not be used as a substitute for professional medical advice. This information is for informational purposes only and should not be used as a substitute for professional medical advice.

8% Complete -- Jump To Section -- Go

Biometrics

Biometric data will help us to further personalize your health assessment. If you do not have biometric data, you can still complete the assessment.

Height: 5'0" Weight: 130 lbs

1. Health View  
2. Preventive Health  
3. Nutrition  
4. Exercise  
5. Emotional/Stress  
6. Safety  
7. Tobacco  
8. Alcohol  
9. Readiness to Change  
10. Productivity  
11. Cultural and Health Part 1  
12. Cultural and Health Part 2  
**Biometrics (optional)**  
View Reports  
Health Assessment Report  
Risk Advisor

6. Once all of the sections are completed, you'll receive a confirmation of completion and have the opportunity to review your health assessment results.

**Health Assessment**  
**Certificate of Completion**

Thank you for completing your Health Assessment. The information you provided helps us to identify your individual health risk factors and to create a wellness plan for you. This page may be printed as documentation that your Health Assessment was completed.


Name  
**TEST 009**

Completed  
**April 08, 2016**

[Print Certificate](#) [Identify Primary Risks](#)

---

Disclaimer: this survey has been created for educational purposes only and should not be used as a substitute for professional medical advice, diagnosis, treatment, or care. Since health varies from person to person, not all recommendations and guidelines cited in this study will be appropriate for every individual. We recommend you take any results from this survey and discuss them with your medical professional.



You're done!