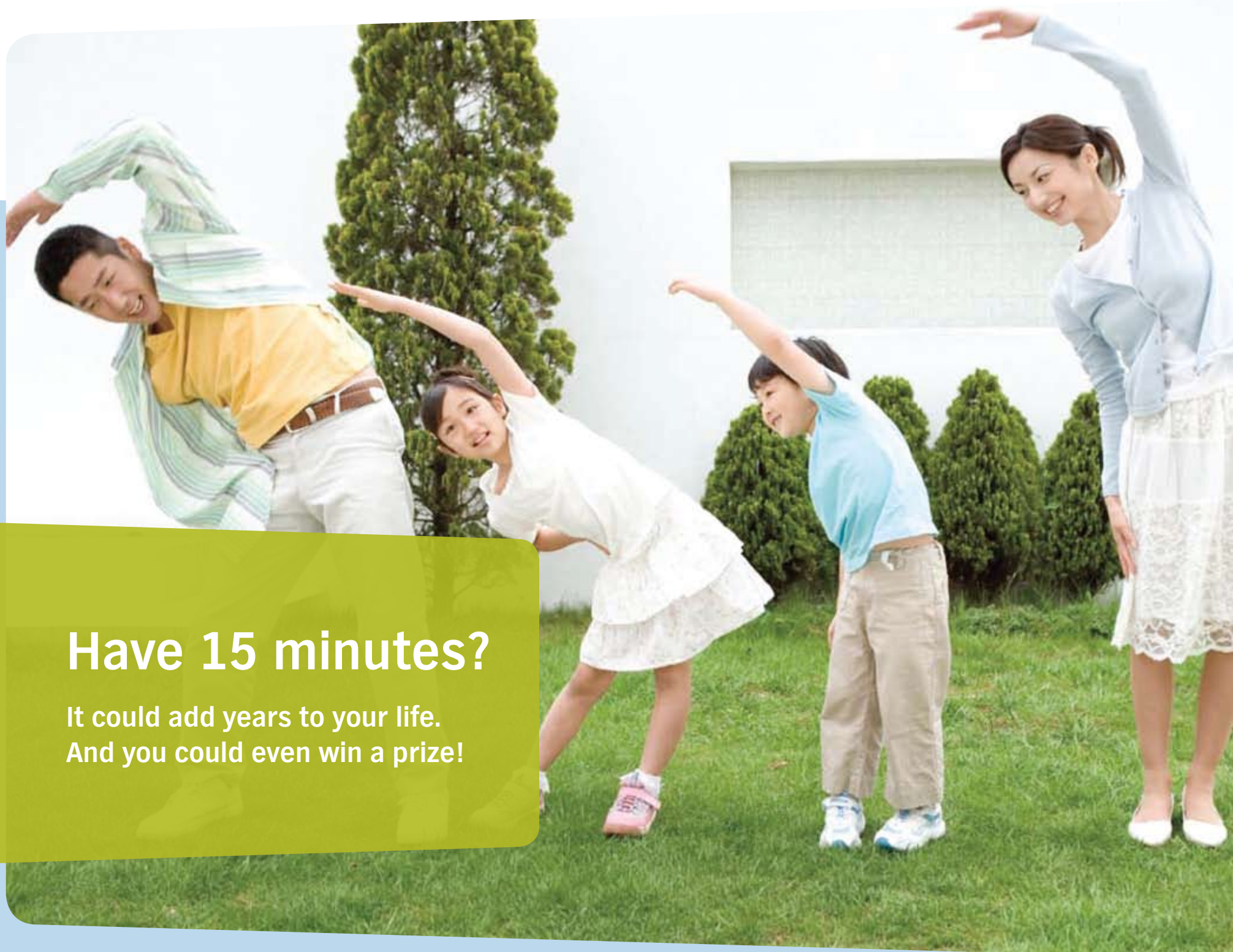


Know your health risks with MyHealth Assessment



Have 15 minutes?

It could add years to your life.
And you could even win a prize!

What is MyHealth Assessment?

The Board of Regents has partnered with Blue Cross and Blue Shield of Georgia to provide MyHealth Assessment, a secure online analysis that helps you pinpoint your personal health risks and make informed decisions based on your specific needs.

It takes only about 15 minutes to complete. And once you're done, you'll get access to:

- A health score, using a 100-point scale, that measures your overall health
- A personalized report with action steps for changing your habits and reducing your health risks
- An interactive dashboard that literally shows you the effects of lifestyle changes

And that's not all! If you complete or update MyHealth Assessment by September 30th, you'll be entered to win great prizes, like gift cards, fitness watches and iPod® shuffles. And the sooner you complete your assessment, the more chances you'll have to win!

How do I get started?

Simply log in at bcbsga.com/bor and click on "MyHealth Assessment" on the *MemberView Access* page. So, what are you waiting for? Help manage, reduce or eliminate your health risks by taking the MyHealth Assessment today!