



# If you graded your health today, what score would you get?

## What is MyHealth Assessment?

A secure online health analysis that helps you pinpoint your personal health risks. Taking it a step further, you'll get a personalized report with action steps to help manage, reduce or eliminate those risks.

## Who is it for?

Any Blue Cross Blue Shield of Georgia member who wants to identify personal health risks and make informed decisions based on their specific health situation and needs.

## How does it help me?

MyHealth Assessment not only measures your overall health, but it also gives specific action steps for changing your habits and reducing your health risks. So you can see clearly and immediately where you stand and where to go. A broad range of easy-to-answer questions results in an in-depth report personalized just for you, complete with risks, results and action steps. With our exclusive interactive scoring, it's easy to test the impact that different lifestyle changes could have on your health. Finally, and most importantly, you are directly linked up to the [bcbsga.com](http://bcbsga.com) programs and resources that can help.

## What does MyHealth Assessment measure?

The program looks at over 180 factors related to family history, lifestyle choices and your readiness to change. It pays special attention to 11 serious conditions, including heart disease, diabetes, stroke, chronic obstructive pulmonary disease (COPD) and various cancers. Essentially, it looks at what you're doing now, then considers what you could be doing differently.

## What is the questionnaire like?

It takes only about 15 minutes to complete. And it's available in both English and Spanish.

## Is my info confidential?

Absolutely. With this program's secure login, only you have access to it. But we do encourage you to share the info with your doctor.

## What can I do with this information?

Once you get your score, you can try "what-if" scenarios to see how specific lifestyle changes can change your score and overall health. You also get a handful of practical action steps, supported by the most relevant tools and resources for your individual health needs. Perfect conversation pieces when talking to your doctor about risk factors.

## How does the assessment relate to MyHealth Record?

MyHealth Assessment automatically populates MyHealth Record. Since the program is tightly linked with your online record, you can easily follow your progress as you make lifestyle changes.

## What's special about the new version?

Overall, we kept everything that was good from the previous version — and made it better. We added an interactive dashboard that literally shows you the effects of lifestyle changes. It covers more risk factors and more conditions, including COPD, lung cancer and musculoskeletal pain. Questions and reporting are also streamlined. In a word, it's easier.

## Why is there a new scale?

If you're used to using the old 200-point scale, don't be alarmed if your score has suddenly dropped. Usability tests showed that a 100-point scale would be easier to understand. Anything to make smart health care decisions easier.

## Can I still get my data from the old version of MyHealth Assessment?

Sure. Your previous assessment scores and risk levels are still stored and accessible for comparison.

## How do I get started?

Simply log in at [bcbsga.com/bor](http://bcbsga.com/bor) and click On MyHealth Assessment on the Overview Page.

Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o en el folleto de inscripción.