



How to prepare for your online health assessment

Taking MyHealth Assessment is easy and fun. Our online health analysis tool is designed to provide you with free, confidential support resources about your health and wellness, instantly.

Before you begin, here is what you may need in order to accurately complete MyHealth Assessment:

- Your height and weight
- If possible, your blood pressure levels, blood sugar level, and cholesterol (HDL/LDL) and triglyceride values
- Try to remember if your doctor has ever diagnosed you with any conditions such as allergies, diabetes, depression, asthma, etc.
- The month and year of your last physical and what was performed during that exam, such as:
 - Mammogram
 - PSA exam
 - Dental exam
 - Vision exam
 - Colonoscopy
 - Glaucoma screening
 - Flu vaccine
- Conditions that your immediate family may have such as asthma, diabetes, or heart conditions
- Additionally, you will be asked questions about your diet and lifestyle, such as typical eating habits and exercise routine

See your **MyHealth Assessment Checklist** on the reverse side to help capture all your current healthy information.



MyHealth Assessment Checklist

We've made it easier for you to gather the information needed for your MyHealth Assessment. Contact your doctor and use this handy checklist to capture all of your current levels and measurements.

Test	Results
Height	
Weight	
Systolic blood pressure levels (top number)	
Diastolic blood pressure (bottom number)	
Blood Sugar level	
Cholesterol level	
Triglyceride level	
LDL cholesterol	
HDL cholesterol	
Glucose level	
Know the month and year when your last physical was and what was performed during that physical, this includes items such as:	
Mammogram	Yes / No (circle one)
PSA exam	Yes / No
Dental exam	Yes / No
Vision exam	Yes / No
Colonoscopy	Yes / No
Glaucoma screening	Yes / No
Flu vaccine	Yes / No

To begin simply log in at bcbsga.com/bor and click on "MyHealth Assessment." (you can create a user log-in if you are not currently registered). The assessment will take about 15 minutes for you to complete, so pick a quiet, comfortable spot.

Once you are done, MyHealth Assessment will compile the data you entered, and provide you with a health assessment score. It will also give you helpful tips on how to improve your score and better your health. We'll show you your Risk Profile based on your entries. The risk profile will give you information as to why you may be at risk. We will also provide you with a Take Action option. This is designed to guide you with helpful wellness options to improve your score, reduce your risk, and enjoy a healthier life.

Share the results with your doctor and ask him/her for guidance as well, we'll provide you with a Doctor's Summary that you can print and take with you to your next appointment.

Thank you for taking the first step to a healthier lifestyle!