



360°HealthSM

**It feels good when
you take a stand for
healthy living.**

Take the first step — complete the Blue Cross and Blue Shield of Georgia MyHealth Assessment.

You'll feel good about this, too: You could win a prize!

The first step to improve your health: understand your current health status. When you take the MyHealth Assessment online, you'll be asked questions about your lifestyle and medical and family history. The results will help you understand your overall health, identify personal risks and learn what you can do to improve or maintain your health.

It only takes about 15 minutes, plus it's confidential and at no additional cost. And, if you complete MyHealth Assessment before September 30th, the more chances you'll have to win great prizes — like fitness watches, gift cards and iPod® shuffles!

Just log in to bcbsga.com/bor and click on “MyHealth Assessment” on the *MemberView Access* page.

MISPLACE YOUR USERNAME AND PASSWORD?

Go to bcbsga.com/bor click on Login and follow the instructions for a forgotten username or password.