

The first step toward a healthier you



You want to be healthy, feel good, and have the energy to do all the things you love. With so much health information available these days, it can be difficult to know where to begin.

Start by taking the My BluePrint Health Assessment.

Answer the online questionnaire to gain:



A BETTER
UNDERSTANDING
OF YOUR HEALTH RIGHT
NOW, INCLUDING
A WELLNESS SCORE



INFORMATION ON
HABITS THAT MIGHT
BE PUTTING
YOUR HEALTH AT RISK



ADVICE ON STEPS YOU
CAN TAKE TO CHART
YOUR JOURNEY
TOWARD BETTER
HEALTH

Whether you need to address stress, be more active, or talk to your doctor about health screenings, you'll get personalized tips you can use right away. That means no more sifting through websites trying to figure out what works best and where to start. And no more delaying the start of your health journey.

My BluePrint is a first step toward a healthy you. And it's easier than you think.

Get My BluePrint™ Today at No Additional Cost!

You'll find easy-to-follow instructions on the next page.



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Instructions

To complete your health assessment and access other wellness tools and resources, follow these three steps:

1. Register for MyBlue (Skip this step if you've already registered.)

- Go to azblue.com/HealthyBlue.
 - Under *Register for MyBlue*, click *Member* and follow the onscreen instructions.
 - Please don't change any information that automatically appears – it may cause an error in your registration.
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2. Get your Fasting Biometric Numbers

Your fasting biometric numbers are needed to complete the assessment. There are three ways you can get these numbers: From your doctor, from a lab, or during a workplace screening. (Check with your employer to see if and when on-site screenings will be held.) These numbers will include blood pressure, waist measurement, height, weight, blood glucose, total cholesterol, HDL, LDL and triglycerides.

3. Take the My BluePrint Health Assessment

- Log in to **MyBlue at azblue.com/HealthyBlue**. Under *Take Your Health Assessment*, click *Try My BluePrint Now*.
- On the My BluePrint page, click *Get Started* to begin the assessment. Have your fasting biometric numbers ready.
- Once you finish, you'll get your health score and personalized report. Select any of the recommended programs to learn more.

Please note:

The My BluePrint Health Assessment is available for completion one time per program year. Once you've submitted the assessment, your answers cannot be changed. Spouses should create and use their own MyBlue account to take the assessment.

IF YOU NEED HELP REGISTERING, CALL US AT
(602) 864-4844 OR 1 (800) 650-5656

Monday through Friday, 8:00 a.m. – 4:30 p.m. MST.



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