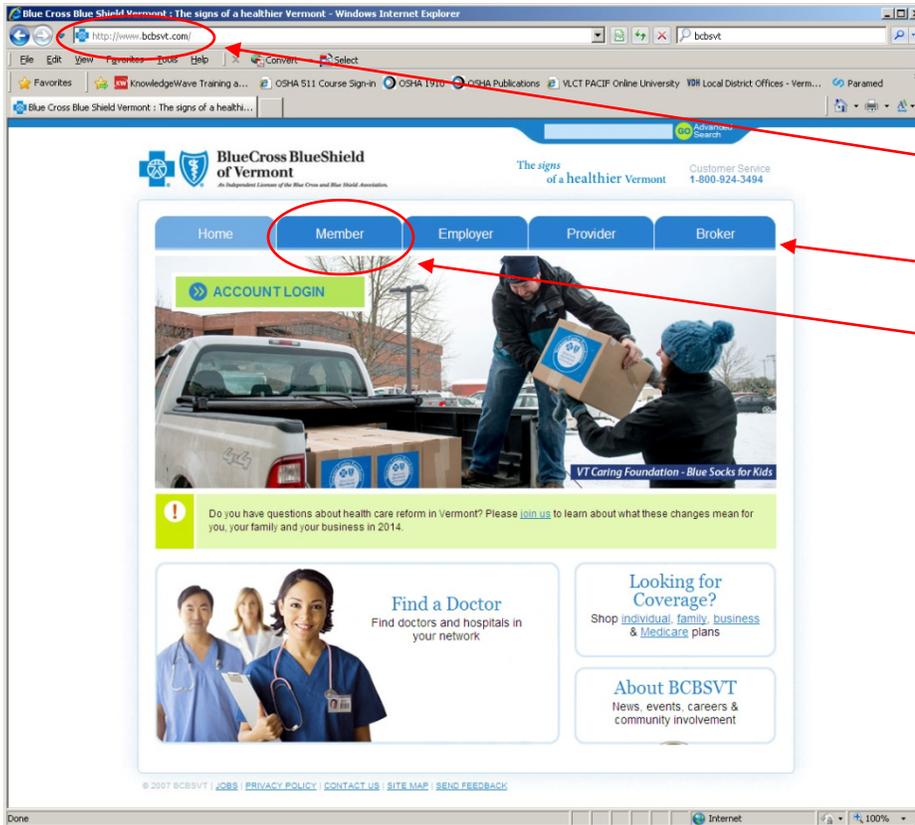


2013 Health Assessment Instructions for Blue Cross Blue Shield Members



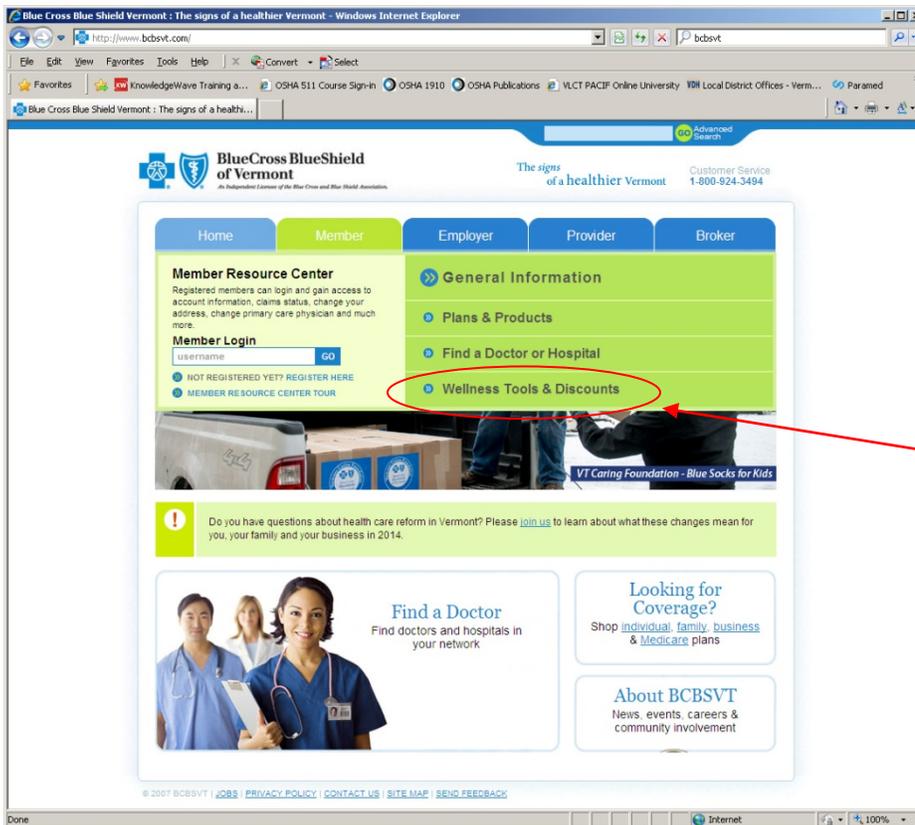
This document is designed to help you navigate the BCBSVT website to access the “My Blue Health” health assessment. To begin, go the BCBSVT home page: www.bcbsvt.com.



This is the BCBSVT home page, www.bcbsvt.com

Notice these tabs.

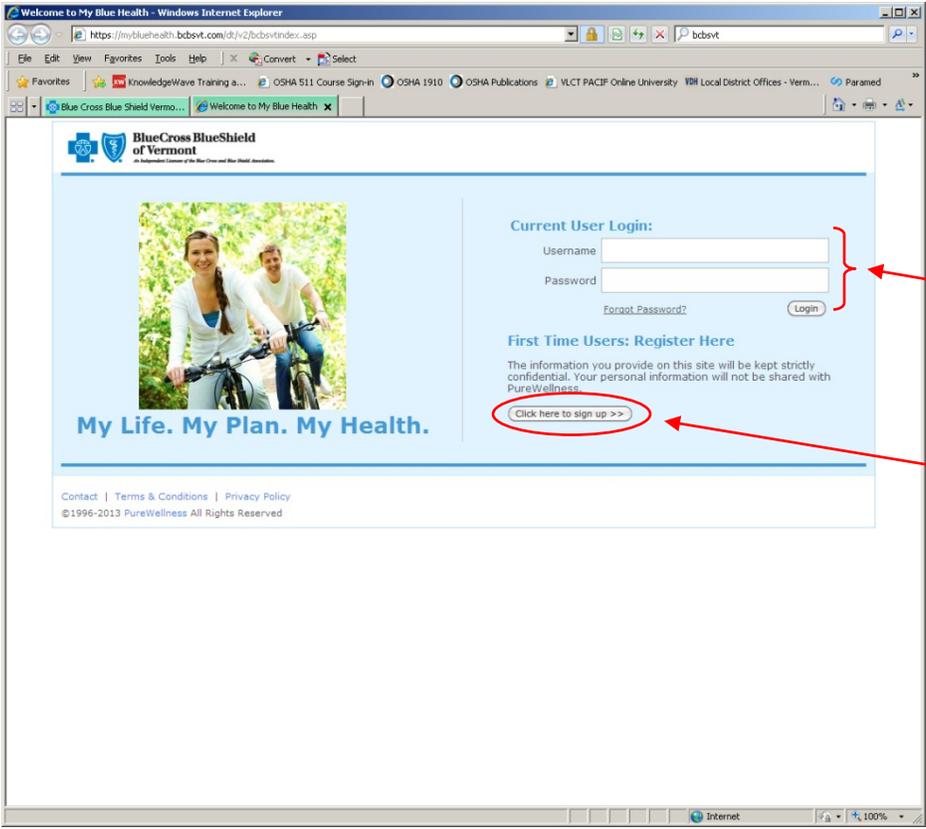
Hold your cursor over the “Member” tab.



Next, click on “Wellness Tools & Discounts”.



Next, click on the "My Blue Health and Wellness Center".



BCBSVT initiated this new website in November 2012.

You must register as a **first-time user** if you completed your last online health assessment before November 1, 2012.

Returning users: Enter the username and password you created the first time you registered.

First-time users: Click here to create your new account.

SIGN UP NOW!

First time users must establish an account so that you can access your health and wellness portal.

Account Setup	Member Information
<p>Username</p> <input type="text"/>	<p>Name</p> <input type="text"/> <input type="text"/> <input type="text"/> <small>first middle last</small>
<p>Password</p> <input type="password"/> <small>(max. 20 characters)</small>	<p>Date of Birth</p> <input type="text"/> / <input type="text"/> / <input type="text"/> <small>mm dd yyyy</small>
<p>Password Requirements</p> <ul style="list-style-type: none"> - At least 1 capital letter - At least 1 number - At least 1 special character - Minimum 8 characters in length 	<p>Gender</p> <input type="radio"/> Male <input type="radio"/> Female
<p>Retype Password</p> <input type="password"/>	<p>Ethnic Background</p> <input type="text" value="Not specified"/>
<p>Password Question</p> <p><input checked="" type="radio"/> Predefined <input type="radio"/> Custom</p> <p>What is your favorite restaurant?</p> <p>Answer</p> <input type="text"/>	<p>Height</p> <input type="text" value="5ft"/> <input type="text" value="0in"/> <small>feet inches</small>
<p>E-Mail Address (optional)</p> <input type="text"/>	<p>Weight</p> <input type="text"/> <input type="text"/> <small>current(lbs) goal(lbs)</small>
<p>Retype E-Mail Address</p> <input type="text"/>	<p>Weight Goal</p> <input type="radio"/> Gain Weight - 2 lbs a week <input type="radio"/> Gain Weight - 1 lb a week <input checked="" type="radio"/> Maintain Weight <input type="radio"/> Lose Weight - 1 lb a week <input type="radio"/> Lose Weight - 2 lbs a week
<p>Zip Code (optional)</p> <input type="text"/>	<p>Activity Level</p> <input type="text" value="Little or no exercise, office job"/>
<p>Cell Phone Number (optional)</p> <input type="text"/> - <input type="text"/> - <input type="text"/>	<p>Fitness Goal</p> <input type="text" value="Heart Healthy"/>
<p>Cell Phone Provider</p> <input type="text" value="AT & T"/>	
<p>PUREWELLNESS TERMS OF USE</p> <p>PureWellness or its licensors provide this website, content, products, software and services (collectively referred to as the "Service") to its members subject to the following terms and conditions ("Terms of Use"). BY REGISTERING TO USE THE SERVICE AND BECOMING A MEMBER ("MEMBER"), YOU AGREE THAT YOU HAVE READ AND UNDERSTAND THESE TERMS OF USE AND THAT YOU EXPRESSLY AGREE TO BE BOUND BY THEM FOR AS LONG AS YOU CONTINUE TO BE A MEMBER. IF YOU DO NOT AGREE WITH ANY OF THESE TERMS OF USE, PLEASE DO NOT REGISTER FOR OR USE THE SERVICE. You should print or otherwise save a copy of these Terms of Use for your records. "PureWellness" as used herein means Kaufman and Keen, Inc. d/b/a PureWellness.</p> <p>1. MEMBERSHIP. To register or use the Service you: (i) must be of legal age to form a binding contract with PureWellness, (ii) must be an employee (or an eligible dependent of an employee) of a customer of PureWellness ("Customer"), (iii) must be authorized by Customer to access and use the Service, and (iv) cannot be competitor of PureWellness or engaged in the business of developing, marketing or supporting services and/or products substantially similar to the Service. By accepting these Terms of Use you</p> <p>Accept: <input type="radio"/> Decline: <input type="radio"/></p>	
<p><input type="button" value="SUBMIT"/> <input type="button" value="RESET"/></p>	

To create an account, fill in the information requested in the registration form.

Username: Can be anything you would like.

Password: Click on the blue hyperlink "Password Requirements" to view the requirements.

Please write your username and password down, then put it somewhere you'll remember. You can always refer to it at a later date.

Continue to enter the remaining information. When finished, read the "Terms of Use" and check "Accept".

Next, click "Submit" and continue to your health assessment.

Once you have completed the entire health assessment, remember to print off the confirmation page and give it to your Wellness Coordinator so you may receive VLCT Healthy Lifestyle Rewards after December 1.

If you are having trouble, please feel free to contact one of the following:

VLCT: Jim Carrien, (800) 649-7915

BCBSVT: Member Services, (800) 924-3494

