



Blue**Health**Connection[®]

A healthier you starts here.

A step-by-step guide to completing your

Succeed[™] Health Assessment

BlueHealthConnection® helps you maintain or pursue a healthy life with the Succeed Health Assessment.*

By taking the assessment, you will get a picture of your overall health, information on how you can make healthier choices, and find out if you are at risk for chronic conditions such as diabetes or heart disease.

Completing the assessment is an easy and truly unique experience. Follow the steps outlined in the upcoming pages to answer basic questions about your lifestyle and behaviors. In return, you will receive a 16-page personalized action plan that:

- Focuses on your top health risks.
- Lets you know what you're doing well.
- Identifies areas where you can improve.
- Prioritizes your steps to a healthier lifestyle.

After completing the health assessment you will also have access to online coaching programs to support you while you make important lifestyle changes.

Take 20 minutes to complete this health assessment – it's the first step to achieving a healthier you.

**HealthMedia Inc.® and StayWell Custom Communications are independent companies partnering with BCBSM and BCN to offer Blues members the Succeed Health Assessment.*

Get ready

The more we know about you the more in-depth your personal action plan will be. The assessment will ask you questions about your:

- Blood pressure
- Total cholesterol
- HDL cholesterol
- LDL cholesterol
- Triglycerides
- Glucose (blood sugar)
- Height, weight and waist measurement
- Immunizations and recent health screenings

You can still take the assessment if you don't have this information. However, your action plan will be more complete and comprehensive if you provide the information.

So turn the page, follow the step-by-step directions, and take charge of your life.

Ready, set, **get healthier!**

step

1

Go to bcbsm.com and log in to **Member Secured Services**.

Each person taking the health assessment must:

- Register, if you have not done so already. Your Blues ID card has the information you'll need to register.*
- Log in with your own user name and password for us to have a record of your completed assessment.

*Once you have completed the online registration, a PIN (Personal Identification Number) will be mailed to the postal address we have on record for you. Please allow three to five days to receive your PIN in the mail.

step

2

Click on **Health and Wellness**.
Then, click **Health Assessment**.

step

3

Click **Start Now**.



step

4

After reading the privacy policy, click the "I agree" box, then click **Next**.

Note: You must agree to the terms of use in order to complete the assessment.



step

5

Click **Start Questionnaire** to begin your health assessment.

The screenshot shows the BlueHealthConnection website interface. At the top left, there are logos for Blue Cross and Blue Shield of Michigan. The main header reads "BlueHealthConnection®". Below the header, a navigation bar includes links for HOME, LIBRARY, HEALTHY LIVING, HEALTH CENTERS, YOUR FAMILY, TOOLS AND MEDIA, MY PREFERENCES, and EN ESPAÑOL. The main content area features a "succeed" logo on the left and a central welcome message: "Welcome to your Succeed program! The Succeed questionnaire is thorough on purpose. Our team of experts needs to ask a lot of questions to really understand you and your health status. Our experts will use your responses to identify simple things you can do to improve your health status, and ultimately your quality of life." To the right of this text is a photo of a smiling man with a towel around his neck holding an apple. A red circle highlights a "Start Questionnaire >" button located below the text. Below the main content, there is a "Frequently Asked Questions" section with a question: "What do I need to take the Succeed questionnaire?" and a list of health metrics: Blood pressure, Total cholesterol, HDL cholesterol, and LDL cholesterol.

step

6

Complete each page of the assessment. Click **Save and Continue** at the bottom of each page to continue to the next page. If you need to go back to a previous page, click **Save and Go Back**. If you need to stop before completing the assessment, you can exit at any time and return later to complete your assessment. Any information you've entered will be saved if you click **Save and Continue** or **Save and Go Back** before you exit.

Blue Cross Blue Shield of Michigan

BlueHealthConnection®

HOME LIBRARY HEALTHY LIVING HEALTH CENTERS YOUR FAMILY TOOLS AND MEDIA MY PREFERENCES EN ESPAÑOL

succeed

Program Home

Questionnaire

About You

Weight Management

Physical Activity

Nutrition

Tobacco

Stress and Well-being

Insomnia

Alcohol

Blood Pressure

Ways Prevention

Injunctions and Health Screenings

Getting Focused

Subtotal Questionnaire

About Succeed

About You

Gender:

Male

Female

What is your ethnicity?

White, Non-Hispanic

Black or African-American

Hispanic

Asian

Pacific Islander

Native American Indian or Native Alaskan

Native Hawaiian

Multi-racial

Other

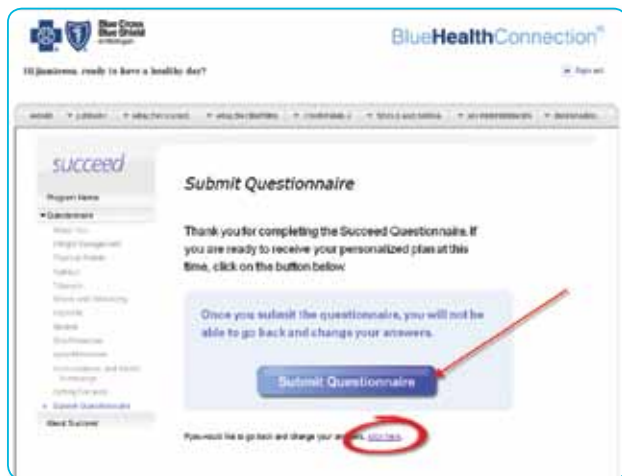
< Save and Go Back Save and Continue >

HealthMedia

step

7

Click **Submit Questionnaire** after you've filled in all necessary information. Or, if you need to change any answers, select **click here** at the bottom of the page.



step

8

Once you've submitted your assessment, wait for it to be processed.



step

9

Select [Click Here](#) to access your action plan.



step

10

Now you have everything you need to take control of your health.

- Your lifestyle score — a summary of your health behaviors
- A tailored action plan to help you meet your health goals
- Online coaching programs to support you while you make lifestyle changes



step

11

Follow these steps if you need to print for proof of completion:

- Select **My Health Assessment** on the **BlueHealthConnection** home page.
- Under Completed, select **View My Plan**.
- Print the screen displaying the member's name and the date the health assessment was completed.

Explore **well-being**

Don't forget, BlueHealthConnection offers many other online resources. You and your family can:

- Learn about conditions, diseases, prescription drugs and wellness.
- Keep current on topics like asthma, cancer, diabetes, heart disease, obesity and pregnancy.
- Research topics specific to men, women, children and mature adults.
- Use calculators to determine healthy weight, calorie burn rate, target heart rate, the cost of drinking and smoking and more.
- Quiz yourself about acne, addiction, aging, conditions, diseases, food, drugs, tattoos, vitamins, workplace interruptions and everything else in between.
- Watch videos, listen to podcasts and use other interactive, multimedia tools to learn about various health topics.

If you have questions about how to complete your assessment, please call the BlueHealthConnection nurse line at 1-800-775-BLUE (2583).

If you have difficulties with registration, please call our Web site help desk at 1-888-417-3479.

bcbsm.com



**Blue Cross
Blue Shield**
of Michigan

A nonprofit corporation and independent licensee
of the Blue Cross and Blue Shield Association