



The signs
of a healthier Vermont

Taking the Health Assessment

What is a health assessment and why is it important?

The health assessment is a confidential online questionnaire that provides you with a picture of your overall health. It is an important first step to recognize and understand your health risks. The health assessment covers a wide range of health issues and concerns, from your stress level and nutrition habits to your health status and work environment.

Upon completion of the health assessment, you will receive a personalized health plan tailored to your lifestyle and health and wellness goals. You will also receive health-related materials and activities, such as workshops, that are specifically tailored to your health assessment results.

Do I need anything before I take the health assessment?

To receive the most accurate recommendations, we suggest that you have the following biometric information available: weight, total cholesterol (HDL/LDL), triglycerides, fasting glucose, and blood pressure.

How do I access the health assessment?

Go to <https://mybluehealth.bcbsvt.com> to LOGIN or REGISTER for the My Blue Health Wellness Center.

How long does the health assessment take to complete?

The health assessment takes about 15 minutes to complete. You do not have to complete the assessment all at once. If you choose to take the assessment in sections, simply click on the "Save & Exit" button at the bottom of each page to save your progress.

Once I've completed the health assessment, how do I access my action plan?

After completing the assessment, you will have the option to print a confirmation, your answers, health assessment report or your health summary.

Who do I contact if I have any questions?

If you need help, please contact customer support at (800) 924-3494.

Is my information confidential?

Your privacy is very important to Blue Cross and Blue Shield of Vermont. We have taken every reasonable precaution to ensure that your personal information remains secure and confidential. The health assessment website is a secure, encrypted site that is managed by a third party. The personally-identifiable information you provide on this health assessment will never be shared with your employer, and will never affect your health benefit coverage in any way.

