



We all know how important it is to make healthy lifestyle choices. We know we should eat well and exercise, and that by doing so we can feel better, be more energetic, and even live longer.

But how do we know exactly what to do or where to start? We at the NC Bar Association Health Plan believe that having a good understanding of your current health and wellness is the first step. That's why we've partnered with Blue Cross and Blue Shield of North Carolina (BCBSNC) to bring you the Health Assessment, a completely free and confidential personal health risk assessment.

Every employee who is covered by our BCBSNC health plan is eligible to participate. In addition, any family members over the age of 18 who are covered by the plan may also participate.

We encourage all eligible employees to complete the survey. It only takes about 15 minutes. You'll be asked simple questions about your health history and daily choices, and when you are done you'll instantly receive:

- A personalized assessment of overall health
- Information about potential risk factors
- Nutrition and fitness guidelines
- Tips to kick-start a plan for better health

Neither the NC Bar Association Health Plan nor your employer will have access to your individual responses or results. Information from the Health Assessment may be used by BCBSNC to offer you additional health plan services and programs that are appropriate for you, and which are completely voluntary.

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Health Assessment

How do I take the Health Assessment?

It's easy. Simply visit BCBSNC's web site www.bcbsnc.com

Please note: If you use a pop-up blocker on your computer you will need to allow pop-ups before taking the Health Assessment.

If you're already registered with Member Services:

- 1) Log on to Member Services
- 2) Locate the "Health Programs" box at the bottom left of the screen. Click "Take the Health Assessment"
- 3) Click the "Start/Continue Health Assessment" button
- 4) Answer the questions
- 5) Review and print your results

If you are NOT already registered with Member Services:

- 1) Make sure you have your BCBSNC member ID card ready
- 2) Go to the middle of the screen and click "Register Now!"
- 3) Enter the required general information and information from your ID card
- 4) Create your user id and password.
- 5) Locate the "Health Programs" box at the bottom left of the screen. Click "Take the Health Assessment"
- 6) Click the "Start/Continue Health Assessment" button
- 7) Answer the questions
- 8) Review and print your results

Need help?

If you have questions about registering for Member Services or if you have forgotten your password and are having trouble resetting it, please call BCBSNC Web Support at 1-888-705-7050.

If you have general questions about the Health Assessment or about your results, call the Health Assessment helpline at 1-800-884-5044 between 8:30 a.m. and 8:00 p.m. EST Monday through Friday. If you're calling during non-business hours, you may leave a voice mail message and a representative will return your call; or, you may also e-mail helpline staff at healthassessment@webmd.net.

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