

Health Risk Assessment

Learn about your health status and risks by completing a confidential Health Risk Assessment available through Blue Access® for Members at www.bcbstx.com/hs. Completing the Health Risk Assessment gives you recommendations for improving your health and gives you topics to discuss with your physician.

The Health Risk Assessment evaluates your health through a holistic approach that takes into consideration such factors as stress, sleep, fitness and nutrition. This approach gives you a more complete picture of your health.

The Health Risk Assessment is easy to use and takes approximately 15 minutes. Upon completion, you will receive an in-depth personal report that helps you understand your current health status and risks, along with specific suggestions about how to make positive and lasting changes.

You can also earn up to 5,000 Blue Points annually by taking the Health Risk Assessment every six months. Taking the Health Risk Assessment every six months is a great way to track your progress in achieving better health. Blue Points can be redeemed for rewards such as gift cards to popular retailers, yoga mats, and much more!



How do I access the Health Risk Assessment?

1. Log into Blue Access for Members at www.bcbstx.com/hs.
2. Click on the Personal Health Manager icon in the middle of the page.
3. Click on the “Take your Health Risk Assessment” link found on the top right corner of your screen.

If you are not a registered user of Blue Access for Members, you can sign up by following these steps:

1. Have your subscriber number and group number ready – you can find this on your HealthSelect medical ID card.
2. Click the “Sign Up Today!” link under the Blue Access for Members sign-in section at www.bcbstx.com/hs. You will create a user name and password and will be given immediate, secure access to your personal information.

Experience. Wellness. Everywhere.™

Don't forget to try the other online tools and features available through the Personal Health Manager. Many of these features can also help you earn Blue Points!

www.bcbstx.com/hs



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