



How to use BCN's health risk appraisal

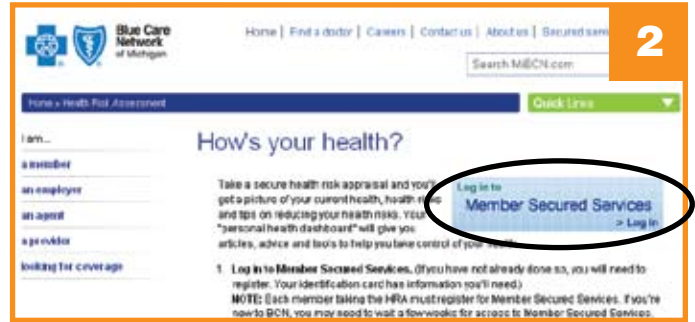
Take control.

Get in the driver's seat for your trip to better health. After completing the health risk appraisal, your *Personal Health Dashboard* will give you your current health information, health risks, advice, articles, health management plans and other tools to steer you to better health. Ready. Set. Get healthier!

1 Start today by clicking on *How's your health? Take a health risk appraisal* on the **MiBCN.com** homepage.

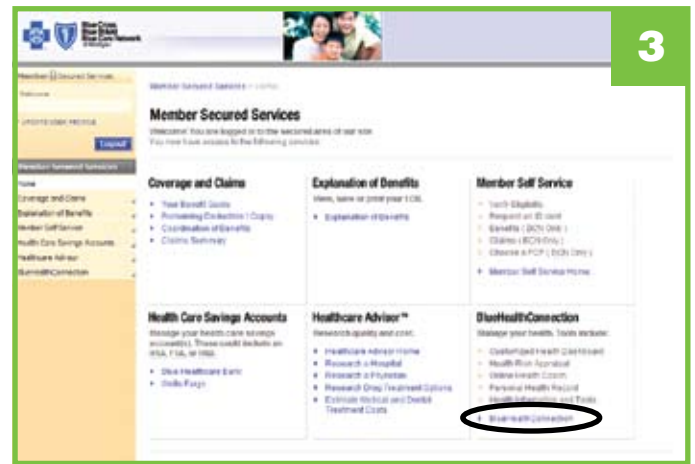


2 Log in to *Member Secured Services*. (If you have not already done so, you will need to register. Your identification card has information you'll need to do this.)

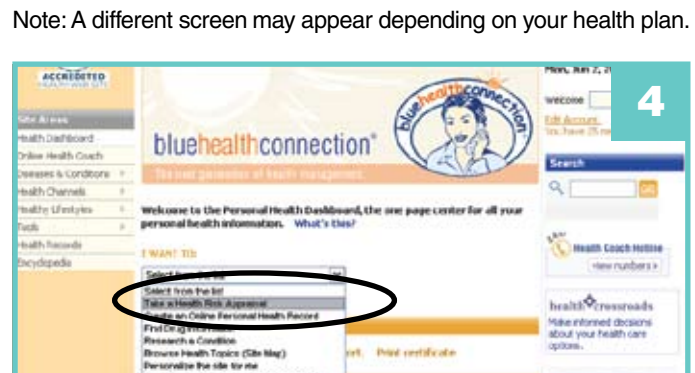


Note: Each member taking the HRA must register for *Member Secured Services*. If you're new to BCN, you may need to wait a few weeks for access to *Member Secured Services*.

3 Click on the *BlueHealthConnection®* link



4 From the *I want to* drop-down menu, select *Take a Health Risk Appraisal*. Complete and submit the health risk appraisal. If you choose, you can take the health risk appraisal once every six months.



Note: A different screen may appear depending on your health plan.

5

After clicking *Submit*, your certificate of completion will appear. You'll see an overall wellness score and a report on what you're doing well and what you can do better. Be sure to print the report for your records.

**5**

Helpful tips for completing the HRA

- You'll only need to register once. Keep your login ID and password in a safe place for the next time you need to take the HRA.
- After clicking *Submit*, you will know you successfully completed the HRA when you receive an overall wellness score and a report on what you're doing well and what you can do better. Be sure to print the report for your records.
- Call 877-258-3932 if you have any questions about registering through Member Secured Services.
- If you do not have Internet access, you can request a paper copy of the health risk appraisal by calling Customer Service at 800-662-6667 Monday through Friday 8 a.m. to 5:30 p.m. TTY users should call 800-257-9980.

