

Blue Health SolutionsSM

How to Fill Out A Health Assessment



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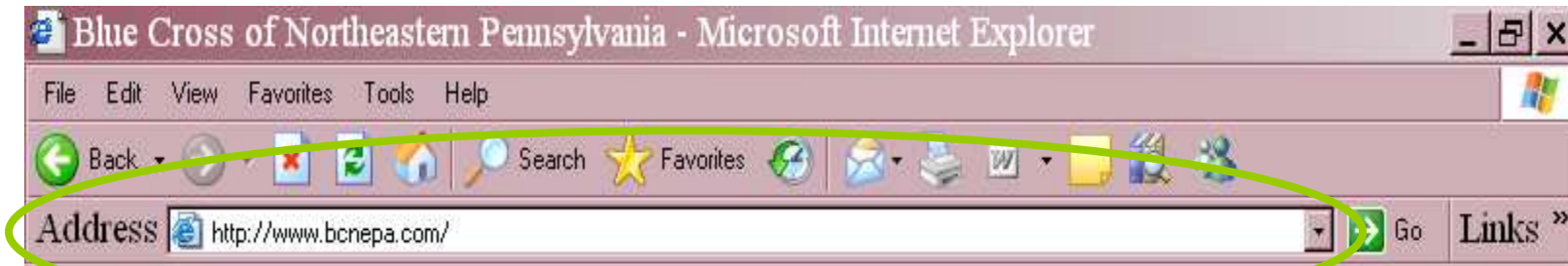
Blue Health Solutions

- **Topics:**
 - MyHealth Solution
 - Creating an account (username and password)
 - Completing a Health Assessment
 - MyHealth Manager
 - Contacting a Care Coordinator

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MyHealth Solution

To use the MyHealth Solution web portal, you must first create an account. To create an account, go to Blue Cross of Northeastern Pennsylvania's (BCNEPA) website by typing in the web address www.bcnepa.com in the designated area (circled below).



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MyHealth Solution – Creating an Account

Once you go to www.bcnepa.com, click on the MyHealth Solution logo (circled below).

The screenshot shows the BlueCross of Northeastern Pennsylvania website. At the top left is the BlueCross logo and the text "BlueCross of Northeastern Pennsylvania". At the top right are links for "Contact Us" and "Site Map". Below the header is a navigation bar with tabs for "Visitors", "Members", "Group Administrators", and "Providers". On the left side, there is a vertical menu with options: "BlueCare Health Plans", "Blue Health Solutions", "MyHealth Solution", "Find A Physician/Facility", "Prescription Drug Benefits", "Community Initiatives", "The Blue Ribbon Foundation", and "About Us". The "MyHealth Solution" option is circled in green. The main content area features a large banner with the "myhealth SOLUTION" logo and the text "A comprehensive online resource that helps our members manage their health." To the right of the banner is a "Self-Service" login form with fields for "Username:" and "Password:", a "LOGIN" button, and links for "I forgot my Username / Password" and "New User? Register / What's This". At the bottom, there are three promotional tiles: "MyHealth Solution" (with a green circle around the image and text), "Building a Healthy Future", and "Employment Information".

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MyHealth Solution – Creating an Account

Complete the requested information. Once you have created and supplied your challenge word, be sure to click on the submit button found at the bottom of the page.

Registration

Please enter the required information and select 'submit' to finish your registration. All fields must be completed before submitting the registration form.

First Name

Last Name

Member ID

Date of Birth

User Name

Password

Re-Enter Password

Email Address

Re-Enter Email Address

Please select a challenge question and answer. The challenge question and answer will

MyHealth Solution – Creating an Account

Helpful hints:

First/Last Name: Enter your name as it appears on your BlueCare® member ID card.

Member ID: Enter your number as it appears on your BlueCare member ID card minus any alpha prefix. Ex: If your identification number is XYZ 1564872, type in only the numbers not the letters.

Date of Birth: Enter your date of birth.

Username: Create a username. Your username is not case-sensitive.

Password: Create a password.

Your password is case-sensitive. For example, if you type **PASSword** when you register, **passWORD** will not work later when you attempt to logon.

*For your security, forgotten usernames or passwords cannot be retrieved by anyone at BCNEPA. You can retrieve this information through the login section for Blue Health Solutions. Each member of your family who uses BHS needs his or her own username and password.

Email address: Enter your personal e-mail if you have one, otherwise you will need to go to www.gmail.com and follow the directions to create an e-mail address for yourself.

Challenge question: You will need to select and respond to a challenge question that will be used for security purposes.

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MyHealth Solution – Activating Your Account

Once you have activated your username, you will no longer need your PIN. To enter the MyHealth Solution web portal, click on the Enter link.

This application allows you to easily manage and update your BlueCare profile. You will be able to change your password, email address and challenge questions by clicking on 'Update Profile'. Additionally, as new programs are introduced to our portfolio, you can register by simply clicking on the register link to enable the service.

Action	Applications
Enter	 My Health Solution <i>Health and Wellness Resource</i> Status: Active What is this?
Enter	 BlueCare Member Self-Services <i>Access to your Account at BCNEPA</i> Status: Active What is this?
Register	 Million Pound Meltdown <i>Health and Wellness Program</i> Status: Inactive What is this?

ADVERTISEMENT

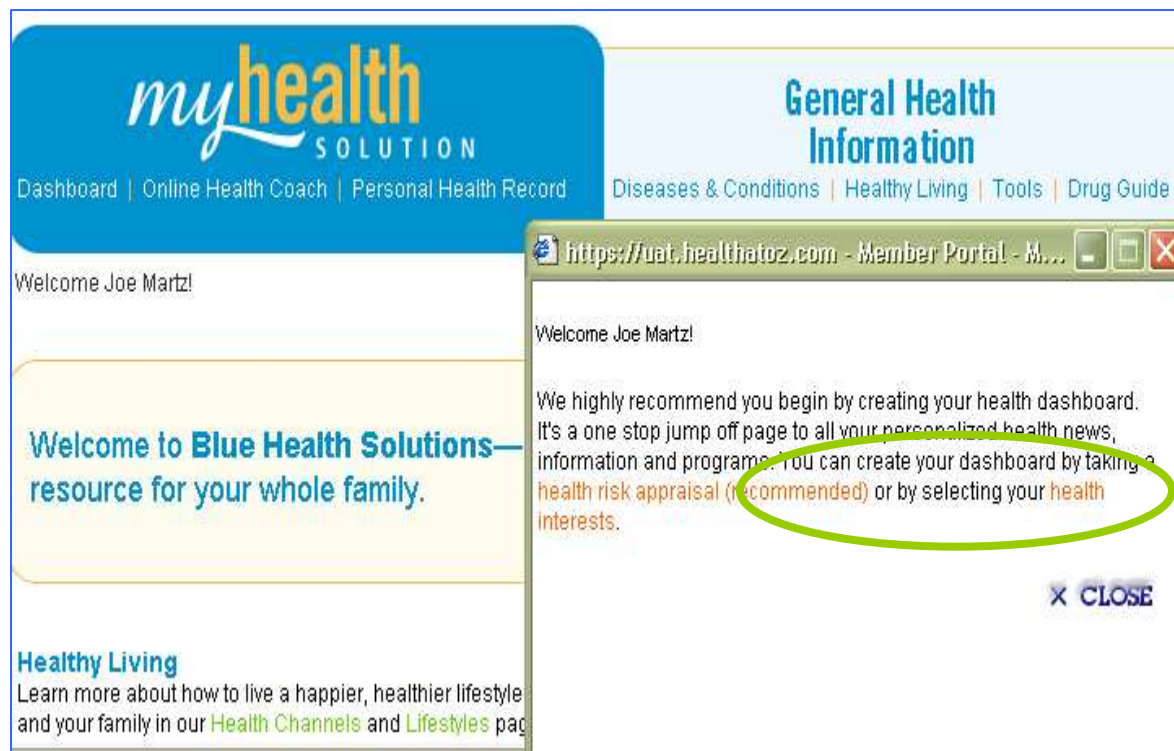


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MyHealth Solution – Completing the Health Assessment

Once you enter the MyHealth Solution web portal, you will be asked to complete the Health Assessment (HA). Click on the highlighted word to take the HA, (circled below).



If a box with the words Health Risk Appraisal highlighted does not pop up, you may have a pop-up blocker turned on. In this case please look for the words “**Take Health Assessment**” in **GREEN** on this page.

MyHealth Solution – Completing the Health Assessment

Review the Terms and Conditions of taking the Health Assessment and then click on “I Agree,” circled below. This is necessary for you to receive credit for taking the HA.

The screenshot shows the MyHealth Solution website interface. At the top left is the logo "myhealth SOLUTION" with "my" in a script font and "health" in a bold sans-serif font. Below the logo are navigation links: "Dashboard | Online Health Coach | Personal Health Record". To the right, there is a "General Health Information" section with sub-links: "Diseases & Conditions | Healthy Living | Tools | Drug Guide". Below the navigation is a user greeting "Welcome Joe Martz!" and a date "02/27/2007" with links for "Log Out" and "Edit Account". A search bar with the text "Search" is also present. In the center, there is a "Registration" section with two buttons: "I Agree" and "I Do Not Agree". The "I Agree" button is circled in green. Below these buttons is the text "Terms and Conditions".

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MyHealth Solution – Completing the Health Assessment

Complete the requested information. Once finished, be sure to click the continue to HRA button.

What if I don't know when I had my tetanus shot? Can I still take the HRA?

Absolutely. Having the information listed above will make for more accurate results and more focused recommendations. However, it is not required. You can write in your best guesses. Over the next six months, you might want to get that information for when you fill in the questionnaire again.

What if I don't have time to finish all of the questions?

If you're not able to finish the questionnaire, as long as you don't click on the "SUBMIT" button, you can come back to the site later. Your answers won't be stored however, so you will have to re-enter them.

Okay, I answered all the questions and hit "SUBMIT," what happens now?

Once you're done, you'll be given a report on what you're doing well and what you can do better, plus an overall wellness score. You can view your results any time you want. But you have to wait six months from the date you submitted your answers to take the questionnaire again. Between now and then, see if you can get a better score when you answer the same questions.

You'll be asked to go back to our site where your Health Dashboard will be personalized for you based on your HRA results.

How soon can I retake the HRA?

You'll have to wait six months from the day you submitted the answers to take the HRA again.

Continue to HRA

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MyHealth Solution – Completing the Health Assessment

Before you begin to answer questions you will be given the option to share or not share your information with Blue Health Solutions. Please select the first circle. If you choose not to share your information, you will not receive a follow-up call from a Care Coordinator to discuss your personal health.

Privacy Statement


[This privacy statement is being provided to let individuals who elect to complete the HA know how their health information is handled by AllOne.](#)

AllOne will receive your HA data results from the University of Michigan and use the information to personalize your E-Health Dashboard so you can take full advantage of its resources. For example, AllOne may provide you with individually-tailored health educational information based on the health profile identified in your HA. AllOne will also receive your HA result data and will keep it confidential. This data may be used by AllOne for the purpose of helping to improve and/or develop health and wellness programs such as MyHealth Manager, to help members learn how to stay as healthy as possible and provide information about health risks and what to do to improve risk. In addition, AllOne may use this information to provide aggregate reports to its customers to assist with the implementation of employer-based health and wellness programs.

Agreement to Provide Your Personally Identifiable Health Information to AllOne:

Upon your agreement below and your completion of the HA, AllOne may receive your HA results for the purposes above.

- I wish to complete the HA and I understand that AllOne will receive my HA results for the purpose described above.
- I wish to complete the HA and not share my information in an identified manner with AllOne. I acknowledge that AllOne Wellness programs will not be in a position to provide maximum benefit if I only give this information in a de-identified manner.

Your life. Your goals.
 [Click here to Learn more](#)

myHealth Exclusives

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Encyclopedia

- ▶ [Conditions A to Z](#)

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MyHealth Solution – Completing the Health Assessment



University of Michigan Health Management
Research Center

Health Risk Appraisal Questionnaire HMRC Version 1/2007

INFO

Quit

this Health Risk Appraisal and return to the Health Dash

Before beginning this questionnaire, please have your medical information at hand, including your height, weight, approximate dates of most recent preventive services and health screenings, and blood pressure and cholesterol measurements, if known. While none of this information is required, including it will make your HRA Profile report more accurate and complete.

You may submit a questionnaire as frequently as every six months. You may return here to see your current profile re whenever you wish.


Member ID Confirmed Authorization Confirmed

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MyHealth Solution – Completing the Health Assessment

- Answer the 52 questions (This takes about 10 minutes.).



The University of Michigan Health Management Resource Center
Health Risk Appraisal Profile
HMRC Version

this Health Risk Appraisal and return to the Health Dashboard.

Complete each question as best you can, by indicating the best response. This Health Risk Appraisal is not designed for people who already have Heart disease, Cancer, Kidney disease, or other serious conditions.

Your results will be kept strictly confidential.

1 AUTHORIZATION

2 SEX

3 AGE (At last birthday) years old

4 Are you pregnant?

If Yes, answer this questionnaire with pre-pregnancy information.

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MyHealth Solution – Completing the Health Assessment

- Remember to click on submit.


	<input type="text" value="Yes"/>	Lose weight
	<input type="text" value="No"/>	Reduce alcohol use
	<input type="text" value="-"/>	Quit or cut down smoking
	<input type="text" value="Yes"/>	Reduce fat/ cholesterol intake
	<input type="text" value="Yes"/>	Lower blood pressure
	<input type="text" value="Yes"/>	Lower cholesterol level
	<input type="text" value="Yes"/>	Cope better with stress
51	<input type="text" value="Yes"/>	In the next 6 months, would you participate in a program that would help you to enhance your overall health?
52	<input type="text" value="Yes"/>	If available, would you like follow-up information and other services? (If you answer yes, your information may be used only by approved vendors to enhance your health through personal contact or written information.)
<input type="button" value="Submit to The University of Michigan HMRC for Analysis"/>		

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MyHealth Solution – Wellness Score

- Once you complete your Health Assessment you will receive your wellness score.

The University of Michigan Health Management Resource Center
Health Risk Appraisal Profile INFO


Congratulations
for completing your Health Risk Appraisal Questionnaire!

Last update: December 12, 2006
Next update: after June 12, 2007

This Health Risk Appraisal is not designed for people who already have Heart disease, Cancer, Kidney disease, or other serious conditions.

Top 3 areas to improve or maintain your health right now!

- Diabetes
- Heart Health
- Weight Loss

Wellness Score

0 Your score is 79 100

Your Wellness Score comes from the information you gave on your HRA. Improving your health and updating your routine preventive services will improve your score in the future.

Age: 37
Sex: Female

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MyHealth Solution – Completing your Personal Health Record

- To access your Personal Health Record, click on the link found in the MyHealth Solution logo area (circled below).

The screenshot shows the MyHealth Solution website dashboard. At the top left, the logo reads "myhealth SOLUTION". Below the logo is a navigation bar with links: "Dashboard", "Online Health Coach", and "Personal Health Record". The "Personal Health Record" link is circled in yellow. To the right of the logo is a "General Health Information" section with links for "Diseases & Conditions", "Healthy Living", "Tools", and "Drug Guide". Below the navigation bar, it says "Welcome Jane!" and "04/12/2007 | Log Out | Edit Account". There is a search box with the word "Search" next to it. Below the navigation bar is a "myhealth dashboard SOLUTION" logo. The main content area has three sections: "Take Charge of your Health!" with a "Learn More" link and an "online health coach" logo; "Message Center" with the text "You have no new message"; and "My Feature Article" with the title "What's Wrong With Being a Weekend Warrior?" and a small image of a person walking.

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MyHealth Manager

- If you have questions about MyHealth Solution or want to reach a Care Coordinator, who is a health care professional available to offer information, resources and support based on your health needs, call toll-free **1-866-262-4764** weekdays, 8 a.m. to 8 p.m.



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