

# Blue Health Solutions<sup>SM</sup>

How to Fill Out A Health  
Assessment through Health A to Z

# Health A to Z

To use the Health A to Z web portal, you must first create an account. To create an account go to [www.healthatoz.com](http://www.healthatoz.com) :



*Your health is everything. To us.™*

# Health A to Z – Creating an Account

The screenshot displays the HealthAtoZ website interface. At the top left is the logo with the tagline "A world of health at your fingertips". A search bar and "Join HealthAtoZ/Log In" link are in the top right. A purple navigation bar contains links for Home, Conditions A-Z, Tools, Lifestyles, Drug Guide, Encyclopedia, Dashboard, Online Health Coach, and Personal Health Record (with a "registration required" note). Below the navigation are several content tiles: "Baby Boomers Beware" (Macular Degeneration and Vision Loss), "Nurse Chat" (Chat now with a nurse), "Drug Guide" (Interactions, Information A - Z, FDA Recalls, Alerts & Warning), "Cool Tools" (All Your Cash up in Smoke! Kick the Habit, Save Money), and "SymptomChecker" (Find out What Your Symptoms Mean!). At the bottom left, three tool tiles are highlighted with a green circle: "CALCULATE YOUR BMI" (Decide whether your weight is on track or not), "FIND OUT YOUR HEALTH RISKS" (Take the HealthAtoZ Health Assessment), and "PERSONALIZED HEALTH PAGE" (Personalized with health info important to you).

Your health is everything. To us.™



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# Health A to Z – Creating an Account

Complete the requested information. Once you have created your account click on register at the bottom of the page.

Enjoy all the benefits HealthAtoZ has to offer by registering below.

**1 Registration Information**

Username: \*   
6-20 letters and/or numbers.

Email: \*

Password: \*

Confirm Password: \*

**2 Personalize your Experience**

First Name: \*  ?

Last Name: \*  ?

**Already registered?**

Username:

Password:

[Forgot your password?](#)

**Reasons to Join...**

**Online Health Coaching**  
Need help managing your health? The Online Health Coach provides plans to manage weight loss, stress, diabetes, and heart-healthy lifestyles.

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# Click again on take health assessment

**HealthAtoZ**  
A world of health at your fingertips

SEARCH

Join HealthAtoZ/Log In

**Personal Health Center**  
Dashboard | Online Health Coach | Personal Health Record  
registration required

Home | Conditions A-Z | Tools | Lifestyles | Drug Guide | Encyclopedia

### Baby Boomers Beware

Macular Degeneration and Vision Loss

Learn more ▶

#### Nurse Chat

Chat now with a nurse to answer all of your health questions!  
Please disable your Pop-up Blocker to use this feature.  
[Nurse Chat Policy](#)

#### Drug Guide

Interactions  
Information A - Z  
FDA Recalls, Alerts & Warning

#### Cool Tools

MORE TOOLS

### All Your Cash up in Smoke! Kick the Habit, Save Money

The price of tobacco plus the toll smoking takes on your health means you're paying for disaster. Learn the price you're paying for tobacco with our Cost-of-Smoking Calculator.

[Cost-of-Smoking Calculator](#)

#### SymptomChecker

Find out What Your Symptoms Mean! **GO**

#### PERSONALIZED HEALTH PAGE

Personalized with health info important to you

#### FIND OUT YOUR HEALTH RISKS

Take the HealthAtoZ Health Assessment

#### CALCULATE YOUR BMI

Decide whether your weight is on track or not

#### Health Headlines

VOTE TODAY!


### Survey Says...

#### Conditions A to Z

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# Health A to Z – 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.*

# Health A to Z – 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
<b>51</b>	<b>In the next 6 months, would you participate in a program that would help you to enhance your overall health?</b>	
	<input type="text" value="Yes"/>	
<b>52</b>	<b>If available, would you like follow-up information and other services?</b> (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="text" value="Yes"/>	
<input type="button" value="Submit to The University of Michigan HMRC for Analysis"/>		

# Health A to Z – 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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