

The Good Life[®]

After you've completed your biometric screening, go on to Steps 2 and 3 (if needed):

Step 2: Take your health assessment

Complete an online health assessment to help you understand your health risks and how to improve them. Your results will tell you if there are any items you should discuss with your doctor.

Step-by-step instructions for completing your health assessment:

If you're new to our online services

- Go to bcbswny.com
- Click *Login*
- Click *Register* under the *Login* area

Now you are ready to complete the online registration steps.

Step 1: Start your profile. Enter your first and last name, email address, and date of birth. Click *Next*.

Step 2: Complete your profile. Create a username and password, then select a security question and fill out the answer. Click *Next*.

Step 3: Add coverage. Have your member ID card ready to reference your subscriber ID, group number, and member suffix. Click *Next*.

Step 4: Review your information. If all of your information is correct, check the box marked "I'm not a robot," check the terms of use and privacy policy box, and click *Submit*.

Step 5: Verify your email address. Log in to your email account and click *Confirm* in the email that was sent to you.

To log on to *MyBlueHealth* and access the health assessment

- Go to bcbswny.com
- Click *Login*
- Enter your username and password
- Click *The Good Life*
- Click *Begin the health assessment*
- If this is your first time visiting *MyBlueHealth*, you will need to complete a one-time registration

You'll need 15–20 minutes to complete the health assessment. The *Health Assessment Report* can be used as your certificate of completion.

(over)

Step 3: Engage in a healthier you

Based on the results of Steps 1 and 2, you may be required to participate in health coaching.

To verify completion of all *The Good Life* steps, please visit *My Scorecard*.

1. Go to bcbswny.com and log in.
2. Click *The Good Life*.
3. Click *View My Scorecard*.

If you feel that your steps are not correctly reflected, call the customer service number on the back of your member ID card.

Information you share in your health assessment is confidential and is not shared with your employer.
Visit bcbswny.com for more information about our privacy practices.



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