

A Healthier Lifestyle Awaits



Take the first step: Complete a Health Assessment

What is the Health Assessment?

The Health Assessment is a confidential tool that uses your answers to a series of questions to assess your health status and provides you with healthy solutions and feedback.

Why should I take the Health Assessment?

- If you complete your Health Assessment by August 31, 2011, you will be entered into a drawing to win one of 20 \$25 gift cards!
- The things you do for yourself today can affect your health in the future.
- It provides actionable ideas to help you improve overall health and highlights lifestyle improvements that may help lower your risk for developing chronic illness.

How do I get started?

Step 1: Log on to www.mybluehealthma.com

Step 2: Click “**First-Time Users Register Now**”. Enter your first name, last name, date of birth, and the last four digits of your social security number. Then follow the instructions to complete the registration process.

Step 3: Click on “**Assess My Health**” on the left hand side, click the link to begin your Health Assessment.

Step 4: Once you have answered all of the questions, make sure to click on “**submit**” found on the top and bottom of the summary page. Once you hit “**submit**”, you will be able see your Personal Health Report by selecting “**View Report**”.

Step 5: Congratulations! Now that you’ve completed the Health Assessment and included your biometric values in the Health Tracker, you’re on your way to a healthier you!

Step 6: To be eligible for the drawing simply print the **print the "Congratulations you've completed the assessment" page and send it to:**

Amy Higgins, SVRHT Wellness Program
Town of Longmeadow HR Office
735 Longmeadow St.
Longmeadow, MA 01106

What happens after I take my Health Assessment?

- You can start taking advantage of the many Blue Cross Blue Shield online wellness programs to begin putting your results into action