



YOUR NEXT STEP TO WELLNESS

Taking your Wellness Assessment on myWellmark



Inside tip:

Know your plan. Contact Customer Service at the number on your Wellmark ID card to confirm details about your preventive benefits, or log on to myWellmark to view your personal benefit information.

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WebMD®

Even the healthiest among us have room to improve. Now, it's easy to learn why and how, by taking your Wellness Assessment.

Your Wellness Assessment gives you an accurate, confidential and personalized report about the state of your health and the steps forward.

It's short and easy, but its value can last a lifetime. Get started today to obtain:

- 1** Summaries of what you're doing well and where to improve
- 2** Personalized steps to reduce your health risk factors



Haven't registered for myWellmark?

IT'S EASY AND TAKES JUST A FEW MINUTES!

1 FROM WELLMARK.COM

Select Member from the Register Now drop-down menu.

FROM WELLMARK MOBILE APP

Select myWellmark and then Register Now.

2 ENTER PERSONAL INFORMATION

- › Enter your Wellmark ID number exactly as shown on your ID card.
- › Fill in the form with your name, birth date and information.
- › Enter the last four digits of your Social Security number and your relationship to the primary member (self, spouse, dependent).

3 CREATE ACCOUNT

Set up a myWellmark User ID and password. You'll need your User ID and password every time you want to access your myWellmark account. You'll also choose and answer security questions. These will help identify you if you ever forget your user ID or password.

4 FINISH

Confirm your information is accurate and submit your registration. You'll be automatically logged in to myWellmark.

STEP 1

GET YOUR LAB RESULTS

Collect the health information you need to complete your Wellness Assessment.

The Wellness Assessment provides an overview of your health and how your lifestyle habits affect your well-being. It also uses certain biometric information (such as blood pressure and total cholesterol) to help determine your health status.



Your biometric values offer a view of your health, and can suggest if you are at risk for developing certain conditions. If you have questions about your screening results, talk with your health care provider.

YOUR SCREENING RESULTS

Write down your biometric screening results from your health care provider.

Total Cholesterol _____ HDL _____ LDL _____ TC/HDL Ratio _____

Triglycerides _____ Glucose _____ Blood Pressure _____

Height _____ Weight _____

- › **If you've had a routine physical in the past year**, your health care provider can help you obtain these lab results. Check your appointment records, or call your doctor and ask him or her to provide them to you.
- › **Haven't had a routine physical in the past year?** Call your health care provider and make an appointment. Take this with you to your appointment to make sure your physical includes the lab results listed.

Why these biometric results are important:

Cholesterol – Your cholesterol number includes readings for both HDL (“good” cholesterol), and LDL (“bad” cholesterol), which is a measure of certain types of fats in your blood. The Total Cholesterol/HDL ratio is an important indicator for cardiovascular disease.

Triglycerides – Along with your cholesterol levels, triglycerides are an important measure of heart health where excessive levels can be harmful.

Glucose – Your glucose reading measures the amount of sugar in your blood, indicating whether you have or may be at risk for developing diabetes.

Blood pressure – This reading consists of two numbers: 1) systolic — represents the pressure when the heart beats, and 2) diastolic — signifies the pressure when the heart is at rest. These two distinct values can indicate **an increased risk for heart attack and stroke, as well as other possible health complications.**

Height and weight – These measurements are used to calculate your Body Mass Index (BMI), an indicator of your body fat. A high BMI indicates an increased risk of developing a number of conditions associated with being overweight.

STEP 2

COMPLETE YOUR WELLNESS ASSESSMENT

- 1 Go to Wellmark.com on your computer or the **Wellmark mobile app** and log in to myWellmark with your User ID and password.

The screenshot shows the Wellmark website home page. At the top, there is a navigation bar with 'FIND A PLAN', 'HEALTH & WELLNESS', and 'ABOUT WELLMARK'. Below this is a large banner with the text 'FINDING THE RIGHT PLAN IS EASY!' and 'GET AN INSTANT FREE QUOTE!'. On the right side, there is a 'Log in' section with fields for 'User ID' and 'Password', and a 'LOG IN' button. Below the login section, there are links for 'REGISTER NOW', 'FIND A DOCTOR OR HOSPITAL', 'WELLMARK DRUG LIST', and 'FIND AN AGENT'. The bottom of the page features a 'Wellmark BlueRewards' logo and a 'Visit the Wellness Center' button highlighted with an orange box.

- 2 Once you log in, click on the “Visit the Wellness Center” button on your home page.

The screenshot shows the myWellmark user dashboard. At the top, there is a navigation bar with 'HOME', 'CLAIMS & SPENDING', 'MY BENEFITS', 'PRESCRIPTION DRUGS', 'MY HEALTH', 'CONTACT US', 'MESSAGES', and 'MY ACCOUNT'. Below this is a 'MY CLAIMS SUMMARY' table with columns for Patient Name, Service Date, Provider, Amount Charged, Your Share, Status, Issue Date, and Details. The table contains several rows of data. Below the table, there is a 'WELLNESS CENTER' section with a 'Visit the Wellness Center' button highlighted with an orange box. There is also a 'MESSAGE CENTER' section with 'Announcements' and 'Replies to Your Questions'.

- 3 The first time you enter the **Wellness Center**, you will be asked to complete a short registration process.

The screenshot shows the Wellmark Wellness Center registration process. At the top, there is a 'Wellness Center Set Up' section with a 'SUBMIT' button highlighted with an orange box. Below this is a 'Required Information' section with two steps: '1. My Information' and '2. Agreement'. The '1. My Information' section includes fields for 'Email Address' and 'Verify Email Address'. The '2. Agreement' section includes a checkbox for 'I have read and agree with WebMD's Terms and Conditions and Privacy Policy'.

- 4 Once you register, select “Take the Wellness Assessment” from your action plan. Completing your Wellness Assessment takes approximately 10-12 minutes. If you are unable to complete the Wellness Assessment in its entirety, the information you have entered will be saved, so you can come back and complete it later.

The screenshot shows the John's Action Plan page. At the top, there is a navigation bar with 'Home', 'Healthy Living', 'Health Record', 'Health Information', 'Return to myWellmark', and 'Rewards'. Below this is a 'John's Action Plan' section with a 'Take your Wellness Assessment' button highlighted with an orange box. Below the button, there are several sections: 'Get the whole picture! Sync your device with WebMD', 'Get Rewarded', 'Healthy Habits Made Easy', 'Making The Human Condition Computable', 'Vaccinating Schoolkids Cuts Flu in Communities: Study', 'Back problems: Proper lifting', and 'Make a Separate Sick Room, if You Can'. There is also a 'When should a patient see an optometrist instead of an optician?' section.



Are you stuck on a step?

WE'RE HERE TO HELP.

Need help with registration or logging in to myWellmark?

Contact Wellmark's technical support team (EC Solutions): **800-407-0267, M – F, 7 a.m. – 5:30 p.m., CT**

Have a question about your Wellness Assessment? Call us at **877-252-8412, 24 hours a day, seven days a week.**

STEP 3

REVIEW YOUR WELLNESS ASSESSMENT REPORT

There's no waiting! Upon completion of your Wellness Assessment, you will be able to review your report.

Your Health Score
87 Completed 11/17/14
 Update Score
 Learn more about your score

How do you compare?
54 Is the average score for other men in their 30s

Highest Risk Areas
 Areas that could use improvement
 Sleep Nutrition Blood Sugar

Modifiable Risk Reports
 High Risk Medium Risk Low Risk Unknown Risk

Sleep
 It looks like you could probably benefit from more restful sleep. Most adults need at least 6 hours of restful sleep per night, and studies show that those who consistently get 7 or 8 hours have lower sleep-related health risks. Over time, not getting enough restful sleep can contribute to higher stress levels and weight gain. Ultimately, it can increase your risks for heart disease, high blood pressure, and diabetes. Changes in work shifts, stress, overindulging, and other factors can affect both the quality and quantity of sleep. The following tips will help you get the restful sleep you need to be at your best.
 Getting a Good Night's Sleep

To view your report at a later time, log in to myWellmark via computer or the mobile app, and enter the Wellness Center.



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