

The Good LifeSM

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 that you should discuss with your doctor.

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

If you're new to the secure member site:

1. Go to bcbswny.com
2. Click *Login* near the top right corner, choose *Member* from the drop-down box, then select *Register Now*.
3. Enter your subscriber, group, and suffix numbers and click *Next*.
4. Complete your registration, then *click on Get Healthy > The Good Life*
3. Under Step 2, click *Get Started Now*
4. Click *Know Your Health Status* on the left side

If you're returning to *My Health*:

1. Go to bcbswny.com and sign in.
2. Click *Get Healthy > The Good Life*
3. Under Step 2, click *Get Started Now*
4. Click *Know Your Health Status* on the left side

You'll need about 15-20 minutes to complete the health assessment. You should not enter your biometric results in the health assessment – they will be uploaded for you. When you're done, print the certificate of completion for your records.

Step 3: Engage in a healthier you

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

Our health coaches are trained professionals who will help guide you to better health, and are focused on getting and keeping you healthy.

Health coaches can:

- Help you develop goals and action plans
- Identify problems that may be keeping you from better health
- Teach you how to manage chronic conditions
- Support, encourage, and educate you

Information you share in your health assessment is confidential and is not shared with your employer.

For more information about our privacy practices, visit bcbswny.com



BlueCross BlueShield
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