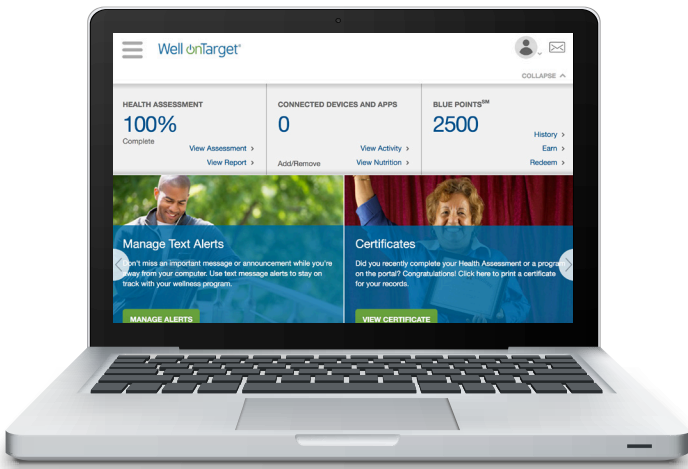




Make a Healthy Start – Take the Health Assessment



The **Well onTarget® Health Assessment** takes about 15 minutes and provides you with a personalized wellness report that includes a review of your health and tailored tips to maintain or improve your health.

Create a Well onTarget account

- Register for a **Well onTarget® account** and create a login
- Enter your BCBSIL member information (*have your insurance card handy!*)

Before you can take the health assessment, have on hand a few personal details from your last primary care visit to get a more accurate report:



- Current height and weight
- Systolic blood pressure (top number) and diastolic blood pressure (bottom number)
- Total cholesterol level
- HDL cholesterol level
- Triglyceride level
- Blood sugar level
- Waist measurement in inches

Once you have completed the assessment, return to the home page to download your personalized wellness report. You will find it in the Health Assessment section.

I've taken the Health Assessment, now what?

In the next January communication, we will show you how to take your assessment results and create an action plan for the year to help you reach your health goals.



Source: https://lifetimes.bcbsil.com/article/health_assessment