



Take control of your health

Family history, diet, fitness and lifestyle all have an impact on your health both today and in the long term. By understanding how your day-to-day habits affect health, you can begin to take the necessary steps to reduce your risks of developing future chronic conditions such as diabetes and heart disease. Our Health Risk Assessment is the first step.

Health Risk Assessment

Excellus



Prevention is the best medicine

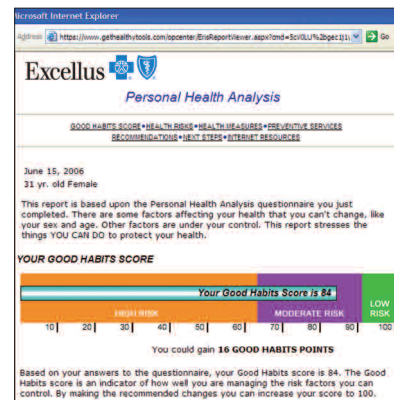
The Health Risk Assessment is a private and secure online service that evaluates your health and potential risk factors through a straightforward questionnaire. Information on your current health, lifestyle, daily habits and readiness to change is evaluated together to determine what you're doing well and where improvements can be made.

Recommendations are then presented to you as part of your Personal Wellness Report. These reports provide tips, programs and resources to help reduce your risks – stopping or slowing the progression of certain conditions.

YOU CAN TAKE A NEW HEALTH RISK ASSESSMENT ONLINE YEARLY
TO SEE HOW YOU'VE IMPROVED.

Your Personal Wellness Report provides:

- Evaluation of your healthy practices and areas where improvement can be made
- Recommended programs developed by Excellus BCBS to help reduce your risks
- Tips for living healthier
- Insight into your health and lifestyle you can share with your doctor
- Online storage of your reports for personal progress reviews



Get your Personal Wellness Report today

Take the first step toward developing a healthier lifestyle. Excellus BlueCross BlueShield members can take a Health Risk Assessment at excellusbcb.com

On demand health care for your on demand life

The plans, programs, Web tools and resources you need to live healthier and save money every day. That's Blue On Demand. Experience it at excellusbcb.com