

HEALTH & WELLNESS

A plan for healthy living. That's what Health & wellness from Arkansas Blue Cross and Blue Shield is all about. We provide many resources to help you set and reach your personal health goals, all accessed through *My Blueprint*, our online member self-service center.

A wealth of **online resources** are at your fingertips, including:

- **A Health Risk Assessment (HRA)** — When you complete our online HRA on the web portal, a printable personalized plan is displayed, based on your answers. This is the first step toward setting goals and getting the support you need to reach them.
- **A health information library** including videos, interactive games and quizzes, tutorials and downloadable MP3 files
- **Self-paced healthy living programs** for topics such as getting in shape, becoming smoke free, losing weight, eating healthier, relieving stress, fighting cancer and diabetes, and overall healthier lifestyles for all ages
- **Self-management tracking tools**; tools for tracking progress toward achieving your personal goals (weight loss, exercise, etc.)
- **Personal Health Record (PHR)** — a confidential, web-based, electronic medical record that provides you and authorized health care providers a secure online record of all the health services you receive. Information in the PHR is generated from medical claims and from information that you provide.
- **Nurse24sm** — registered nurses available 24/7 by phone or email when you need support and information about managing a chronic condition, a planned medical test or procedure, or even how to make the most of your next doctor visit.
- **Health Education Programs** — information sent by mail — to adults and children on asthma, diabetes and weight management; and for adults with sinusitis, bronchitis, pneumonia, low back pain, hypertension and high cholesterol.
- The **Special Delivery** program for expectant mothers provides information on having a healthy pregnancy and baby.
- **Case Management** is provided by registered nurses who are available to work with you, your family and your doctors and nurses, to assess, plan, facilitate and advocate for options and services to meet your health care needs.

Ready to get started?

Give us a call at **1-800-225-1891** or visit our website at arkansasbluecross.com and log in to *My Blueprint*. Select "Health Resources," then "GO," to access Health & wellness health education and support. That's where you'll find the HRA. Take a few minutes to complete it. Then check out all of the resources available to you.



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Not registered for My Blueprint? No problem. Registration is easy! Here's how...

- 1** Go to our website at arkansasbluecross.com. In the "Log In" box at the top of the screen, use the drop-down box to select "Member." Then select the "Register" link and follow the instructions.
- 2** You'll need the member ID number, name and date of birth as they appear on your health plan ID card.
- 3** You will create your own log-in ID and password to this secure, personalized site, which will allow you immediate access to the HRA and health tools.
- 4** You can have immediate access to *My Blueprint* by knowing a claim number from the past six months OR a date and name of physician from an office visit from the past six months.
- 5** To access your other personal health information (Personal Health Record, claims or pharmacy data, etc.), you must have your activation code. Your activation code will be mailed to your home address within five days after you have registered.

My Blueprint gives you access to your health plan information 24/7. Through *My Blueprint*, you can: order replacement ID cards, check the status of claims and claims history, check your deductible, and view benefits and services information.

Get informed. Get support. Be transformed.

Start today with health education and support!



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