



# YOUR NEXT STEP TO WELLNESS

## Taking your Wellness Assessment on myWellmark



### Inside tip:

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

Powered by  
**WebMD**

**Even the healthiest among us have room to improve. Now, it's easy to learn 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 to better well-being.

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.

LEARN MORE 



## Haven't registered for myWellmark?

**IT'S EASY AND TAKES JUST A FEW MINUTES!**

### 1 FROM WELLMARK.COM

Select Register Now.

### 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

### COMPLETE YOUR WELLNESS SCREENING

**Your 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.**

These biometric values are collected at your wellness screening, and your employer has opted to automatically upload your screening results into the Wellmark Wellness Center. (NOTE: If you have previously registered in the Wellness Center you will receive a notification when your results have been uploaded.)

A wellness screening can consist of a fingerstick blood test or a blood sample that's sent to a laboratory for screening. The results provide information you should know about your health.

#### Be ready for your wellness screening

- › **Fast for nine hours before your screening.** This means no food or beverages other than water.
- › **If you have diabetes, are pregnant, or have any other medical concerns,** check with your doctor before fasting.
- › **Drink plenty of water.**
- › **Continue taking your medications as prescribed,** the day of the screening.

#### What may be measured in your wellness screening and why

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. Learn more about why these biometric results are important:

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

**Cholesterol** — Your total 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.

**Nicotine** — May indicate risk for cancer, emphysema, heart disease and stroke. This biometric value may or may not be collected depending on what your employer has chosen.

## STEP 2

### COMPLETE YOUR WELLNESS ASSESSMENT

- 1 Go to [Wellmark.com](http://Wellmark.com) on your computer or the Wellmark mobile app and log in to myWellmark with your User ID and password.

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

Patient Name	Service Date	Provider	Amount Charged	Your share shown in details	Status	Issue Date	Details
John	11/17/14	Walgreens	\$47.99		Paid	11/19/14	Details
John	11/11/14	Dr. Smith	\$351.00	\$0	Pending		Not yet available
Susan	11/06/14	Dr. Smith	\$480.00	\$15.00	Pending		Not yet available
Susan	11/06/14	Dr. Smith	\$1635.00	\$15.00	Pending		Not yet available
Rochie	10/03/14	Dr. Smith	\$595.00	\$15.00	Paid	11/21/14	Details

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

- 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.



## 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.**

The screenshot shows a user's wellness assessment report. At the top, it displays 'Your Health Score' as 87, completed on 11/17/14, with an 'Update Score' button. To the right, 'How do you compare?' shows a score of 54, which is the average for other men in their 30s. Further right, 'Highest Risk Areas' includes Sleep, Nutrition, and Blood Sugar, with a red warning icon. Below this is a 'Modifiable Risk Reports' section with tabs for High Risk, Medium Risk, Low Risk, and Unknown Risk. The 'High Risk' tab is selected, showing a 'Sleep' icon and a detailed text block explaining the importance of restful sleep and providing tips for improvement.

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



Wellmark Blue Cross and Blue Shield is an Independent Licensee of the Blue Cross and Blue Shield Association.

Blue Cross®, Blue Shield® and the Cross® and Shield® symbols, are registered marks of the Blue Cross and Blue Shield Association, an Association of Independent Blue Cross and Blue Shield Plans.

Wellmark® is a registered mark of Wellmark, Inc. WebMD® is a registered trademark of WebMD Health Services Group, Inc. WebMD is a separate company that provides wellness services on behalf of Wellmark Blue Cross and Blue Shield.

© 2015 Wellmark, Inc.