

# How healthy are you? Find out in just 15 minutes!

Whether you think you're perfectly healthy or know you have a few areas to work on, the Personal Health Assessment may be the smartest thing you can do for your health.

The screenshot displays the WebMD Personal Health Assessment interface. At the top, it features the BlueCross BlueShield of Florida logo and navigation links. The main heading is "WebMD Personal Health Assessment". Below this, a summary states: "WebMD Personal Health Assessment: Summary. Now that you have your PHA score, you can see how it compares to your peers. If your score could use some improvement, explore the fun, interactive tools below to see what actions will have the most impact on raising your score and improving your health." The interface shows a "Your PHA Score" of 82 out of 100, with a note that the user's previous score was 78. A "Change Your Behavior, Lower Your Risks" section includes sliders for Nutrition, Blood Pressure, Exercise, and Stress, all currently set to "Unhealthy". A "Your Risks of:" section lists: Musculoskeletal conditions, Stroke, Breast cancer, Colon cancer, Heart disease, and Lung cancer. A sidebar on the left offers options like "Take PHA Now", "PHA Summary", "Risk Reports", "Condition Reports", "Physician Summary", "Health Care Costs", and "Print or Fax Report".

It's FREE, quick, easy and confidential!

- ▶ Visit [bcbsfl.com/MyBlueService](http://bcbsfl.com/MyBlueService)
- ▶ **Login/Register**
- ▶ Go to **Living Healthy**
- ▶ Click on **Personal Health Assessment** from WebMD

Take the time to find  
out your health score.



**FLORIDA**

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## It starts with a few questions...

Your Personal Health Assessment will tell you what your health risk factors are based on a series of questions about your:

- Personal medical history
- Lifestyle
- Readiness to change
- Biometrics
- Demographic information

## Know your health score.

See how your health score compares to your age group, and get a personalized health report with simple action plans for improving your health and reducing your risks. Make a plan to change your life for the better. Take steps to avoid health conditions like heart disease, diabetes and stroke. Your health is worth it!

## Take your health assessment today.

