

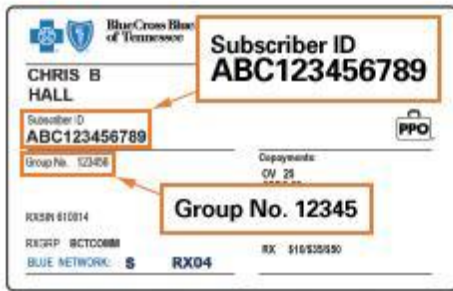
Here are the instructions below on taking the PHA. But it is important that you have created a User ID on the Blue Cross site. If you have not registered with BCBST yet, go to this link on the internet. Click this link - [BCBST site](#).

Once on that page, you will need this information off your insurance card:

Home > BlueAccess > Registration

Member Registration

All information is required.



Subscriber ID:

Group Number:

My Date of Birth:

Subscriber Zip Code:

After you have created your account, you will then log back into the BCBST site with your new User ID.

To begin the PHA process, please see the instructions below.



BlueAccess

[My Homepage](#) | [My Benefits & Coverage](#) | [My Claims & Balances](#) | [My Health & Wellness](#) | [Member Tools](#) | [Pharmacy](#) | [My Account](#)

Click on the Member Wellness Portal:

My Health & Wellness

Discover Health Management tools and resources that help you and your family work

Member Wellness Portal



Wellness Support 24 hours a day; seven days a week. Tools designed to help you set and meet realistic health goals. Take a Personal Health Assessment and receive a personal wellness report. Find a personal food and exercise diary, self-directed health courses and much more.

On the next page, you will click “Continue” on your name to start the PHA.

This page will pop up for you. Click on “Click Here to take your Personal Health Assessment”.

NEXT STEPS



Welcome back, Mark! Completing the below activity(s) will help you get the most out of the site. If more than one activity is available, we recommend completing them in order to achieve the best results in your wellness program.



You are in the PHA!

Please note that a page will NOT progress if you have not completed a mandatory field, shown with a ">>" next to the question.

If you have any questions, please forward them to the Wellness team for assistance.