



BlueCross BlueShield of Illinois

Experience. Wellness. Everywhere.®

Take the Health Risk Assessment Today!

**Get the most from
your health care
benefit plan –**

**sign up for Blue Access®
for Members and take
the HRA.**

In just 10 to 15 minutes, you can fill out the Health Risk Assessment (HRA) questionnaire and get a confidential report that outlines your health risks and strengths, and offers ideas for healthier living. The HRA includes questions about your diet, sleep and exercise habits, general safety and other topics.

It's helpful – though not needed – to have these numbers before you begin the HRA:

- Current height and weight
- Systolic (top number) and Diastolic (bottom number) of your blood pressure reading
- Total cholesterol level
- HDL cholesterol level
- Blood glucose level
- Waist measurement in inches



bcbsil.com



After you finish the HRA, check out the other health and wellness tools on Blue Access for Members.

Having trouble accessing the HRA?

Call the Blue Access Internet Help Desk
888-706-0583

Monday - Friday,
7 a.m. - 10 p.m. CT

Saturday,
7 a.m. - 3:30 p.m. CT

Here's How to Find the HRA

Sign up for Blue Access for Members (BAM), the secure member website that is the gateway to Blue Cross and Blue Shield of Illinois' (BCBSIL) many online tools and resources.

1. Go to bcbsil.com and click the Log In tab.
2. Choose [I'm a Member](#) to log in to BAM.

If this is your first visit, click "Register Now" on the right to choose a User Name and Password. You'll need to provide your Group and ID/Subscriber numbers, so have your BCBSIL ID card handy.

3. Under [Quick Links](#), choose [Take Your Health Risk Assessment](#). This brings you to a page with general information about the HRA. There are several ways to get to the HRA; the easiest is to click on the sentence in blue that says, "Take Your Health Risk Assessment Today."
4. You are now on the Personal Health Manager home page. Under [Know Your Risk](#), click [Take Your Health Risk Assessment](#) and begin the questionnaire.

If your employer is offering an incentive for completion of the Health Risk Assessment, you must take the "Health and Well-being Assessment." You are encouraged to complete the other topics too, but the incentive will not apply to those.

Facts About the Health Risk Assessment

- Provides you with a personalized, confidential report with ideas to feel and look better as you improve your health.
- Completing the Health Risk Assessment will not affect your health care benefit coverage.
- HRA information helps your employer decide on the medical benefits and programs that are best suited for employees and their families.