

How's Your Health?

Find out with the HealthQuotient at myBlueWellness.



Your overall health and well-being determines your quality of life. Knowing where you stand when it comes to your health is your first step toward making positive changes.

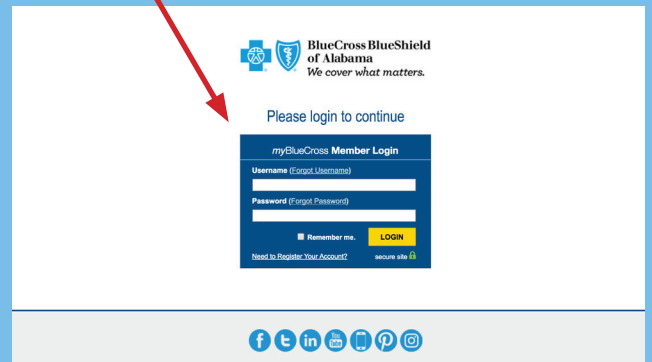
Find out how you're doing with the HealthQuotient, an online health assessment provided by Blue Cross and Blue Shield of Alabama's myBlueWellness website, powered by WebMD®. The HealthQuotient identifies areas of your lifestyle that may be negatively impacting your health. It helps you determine what areas to focus on to improve your health.

After completing the HealthQuotient, you'll receive an online personal health report based on your answers. This report gives you an overall health score, and provides personalized information to improve your health and reduce your disease risk. Completing the HealthQuotient also directs you to other wellness resources for improving your health.

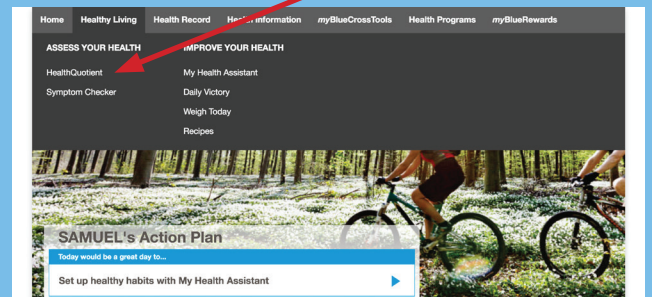
And since myBlueWellness is a secure website, you can rest easy knowing your information is private and confidential.

To access the HealthQuotient, simply follow these steps:

1. Go to AlabamaBlue.com/myBlueWellness and sign in.



2. Select **Healthy Living**, then choose **HealthQuotient** under **Access Your Health**.



Complete the HealthQuotient today and start your journey to a healthier you!



Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association. myBlueWellness is a wellness website offered by Blue Cross and Blue Shield of Alabama and powered by WebMD®. HealthQuotient® is a health assessment tool for our customers provided by WebMD, an independent company.