

# HealthyBlue® - EASY as 1, 2, 3



**B**eginning your journey down the road of health is as easy as 1, 2, 3. Below you'll find instructions to register for BlueNet<sup>SM</sup> to access HealthyBlue online tools and resources.

## 1. Register for BlueNet

- Go to [azblue.com/HealthyBlue](http://azblue.com/HealthyBlue) and select the "Login/Register" link. Choose the blue text that says "Register" and then the link for "Member" registration.
- On the next screen enter the required registration information. After entering your member ID and Date of Birth, click or go to the next information box, and BlueNet will automatically fill in your name as it appears on your ID card. Please do not change this information as it may cause an error in the registration.
- Next, choose a login ID, a password and a back-up security question. Review the terms and conditions of the website and mark the check boxes stating that you read and agree to the Online Services Terms of Use, then click "Submit."
- Congratulations! You are now registered for BlueNet online services.
- For assistance with BlueNet Registration, please contact Blue Cross Blue Shield of Arizona eSolutions at (602) 864-4844 or 1 (800) 650-5656, Monday through Friday, 8:00 a.m. – 4:30 p.m.

## 2. Get your biometric results (health screening)

- You will need the following biometric data to complete the online health assessment: blood pressure, waist measurement, weight, blood glucose, total cholesterol, and HDL cholesterol.

## 3. Take your My BluePrint Health Assessment

- Go to [azblue.com/HealthyBlue](http://azblue.com/HealthyBlue) and login to BlueNet, then click on the "Health and Wellness" tab on the left side of the page. On the Health and Wellness page, click on the "Try My BluePrint Now" link.
- A new window will open and take you to the My BluePrint page on the HealthyBlue wellness site. Click "Get Started" to begin the health assessment.
- Answer the questions on the following pages to complete your My BluePrint Health Assessment.
- Once you complete the health assessment, be sure to take note of your score and take advantage of one of the Coaching Programs available to you and start enjoying the benefits of a healthier you.

Certain services are provided by an independent third party contracted with BCBSAZ to provide health enhancement services to BCBSAZ members. This assessment is not intended to diagnose any illness or condition. If you have concerns about your health you should consult a doctor.