

# Take charge of your health

With Healthy Outcomes Wellness, you'll get the resources you need to live healthier and make healthier choices – delivered by an informative, easy-to-use website. Motivating videos, educational programs and online seminars help you get results and make taking charge of your health fun and simple.

Find out more about how you can take charge of your health. Log in at [BlueConnectNC.com](http://BlueConnectNC.com) and click on the "Wellness" tab to get started.

GET  
STARTED

## How it works

- 1 Log in to [BlueConnectNC.com](http://BlueConnectNC.com) and click on the "Wellness" tab
- 2 Take the Health Assessment
- 3 Explore the recommended programs, tools and resources on your personalized homepage
- 4 Keep track of completed activities on your homepage – and celebrate what you've achieved



## Here's what is available to you

### Health Assessment

This online assessment helps gauge your current health status, so you can track your progress in the months ahead. It takes about 15 minutes to complete and helps:

- + Identify health concerns
- + Provide relevant programs on your homepage
- + Offer recommendations, like programs for stress relief, fitness or better nutrition

### Healthy Living Conversations

These are quick, interactive conversations covering a variety of health topics, such as stress, back pain and getting active. Your responses tailor each conversation to your needs. Each one takes about 10–15 minutes to complete.

### Online Monthly Seminars

Fun and interesting online seminars are available each month and focus on various health and wellness topics, such as nutrition, fitness, stress reduction and more. They can be completed, at your convenience, in as little as 10 minutes.

### Custom Activity

Your employer may also choose to add custom activities to its wellness program. You will be notified by your employer about them and told how you can participate.

### Preventive Care Adherence

Regular preventive care is important to help you catch health issues early, before they become serious. Make sure you're current on all of the following preventive care screenings/exams (if applicable):

- + Breast cancer screening (every 12–24 months for women ages 50–74)
- + Cervical cancer screening every 36 months for women ages 21–64
- + Physical exam every 36 months for adults ages 19–39; every 12 months for those 40 and over
- + Colorectal cancer screening for adults ages 50–75; options are a fecal occult blood test every year, a sigmoidoscopy every 5 years or a colonoscopy every 10 years

### Employer Health Screening

If your employer offers a health screening, this is an opportunity to learn valuable information about your current health, uncovering health issues you may not know you have. Participate in a health screening to learn your numbers.

### Health Challenges

Practice real activities vs. watching a presentation. Challenges give you the opportunity to put healthy behaviors into action. You can track your progress online.

### Virtual Coaching

Programs last six weeks and cover a variety of topics, including nutrition, weight loss, smoking cessation, stress relief and physical activity. Throughout the program, you receive weekly to-do lists, email reminders, tips and other resources with valuable information on the health topic you choose.

### 1 on 1 Health Coach Interactions

This one-on-one, personalized interaction can help reduce your risks of chronic disease while improving nutrition and lifestyle. Complete this activity by engaging with a BCBSNC coach when contacted. They can help you manage your conditions and lifestyle needs.

 *This activity completed online*

#### Package: Achiever C

Blue Cross and Blue Shield of North Carolina (BCBSNC) offers Healthy Outcomes programs as a convenience to aid members in improving their health; results are not guaranteed. BCBSNC contracts with Alere Health Improvement Company, an independent third party vendor, for the provision of certain aspects of Healthy Outcomes programs and is not liable in any way for goods or services received from Alere. BCBSNC reserves the right to discontinue or change Healthy Outcomes programs at any time. The programs are educational in nature, and are intended to help members make informed decisions about their health, and to help members comply with their doctor's plan of care. Decisions regarding care should be made with the advice of a doctor.

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