

Healthy Lifestyle Rewards

blueshieldca.com/hr



Get fit.
Stay healthy.
Be rewarded.

Your online interactive program that helps you meet your health goals.

blue of california healthy lifestyle rewards

- HOME
- MY ACTIVITIES
- WELLNESS ASSESSMENT
- INFORMATION CENTERS
- HEALTH TOOLS



JANUARY 22, 2013

Hi, Mary

TODAY WOULD BE A GREAT DAY TO...

- 1 Dance and watch TV
- 2 Walk a few times a day
- 3 Review your tobacco quit plan

News For You

News & Support Articles

- Hiking in Nature May Boost Creativity
- More Than 40 States Get an 'F' for Tobacco Control

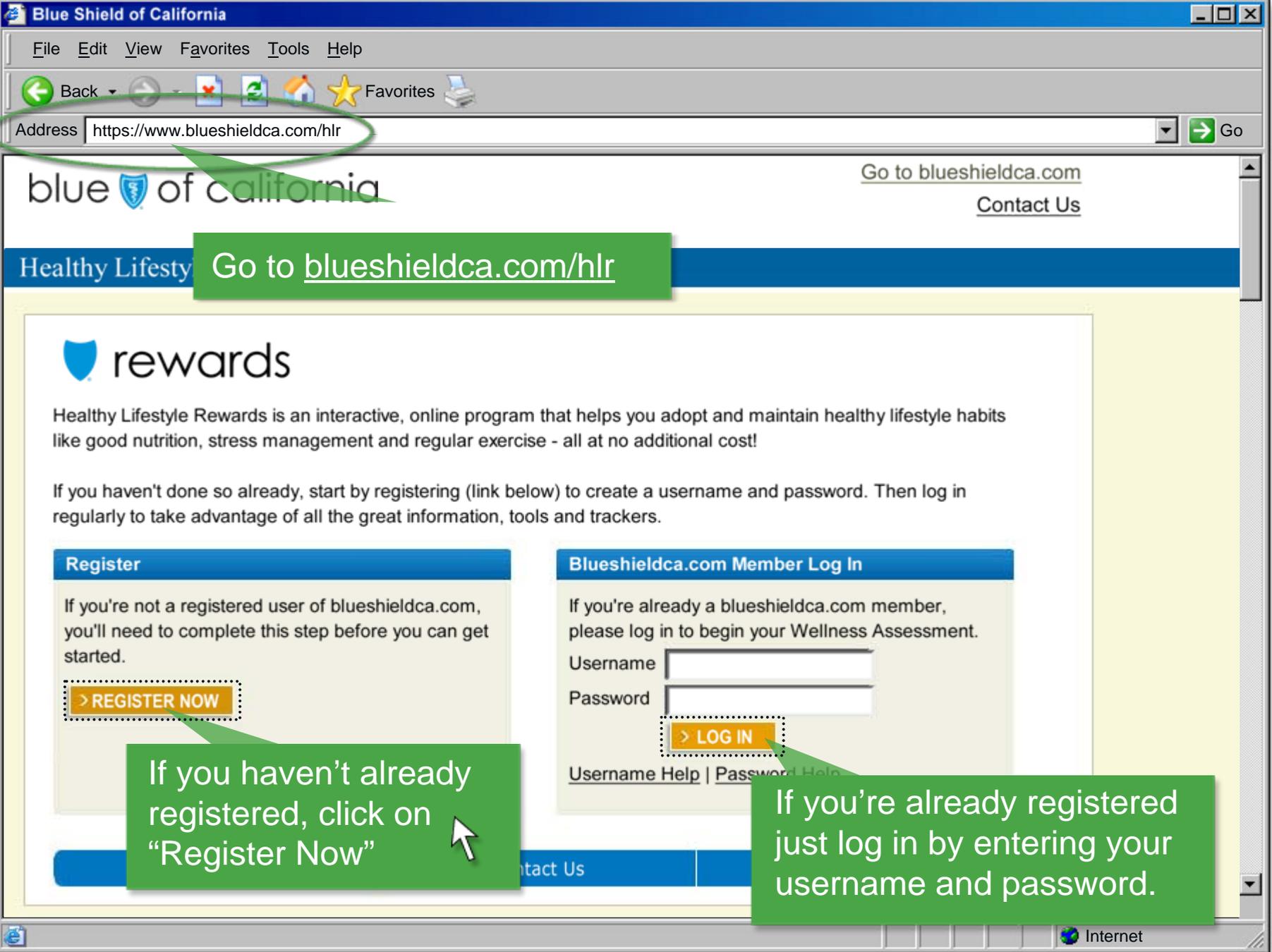
Videos

- Success over Stress
- GPS for Lung Cancer

your notices

Secure Messages: [0 New](#)

getting started in
Healthy Lifestyle Rewards



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Address <https://www.blueshieldca.com/hlr> Go

blue shield of california

[Go to blueshieldca.com](#)

[Contact Us](#)

Healthy Lifestyle [Go to blueshieldca.com/hlr](#)

rewards

Healthy Lifestyle Rewards is an interactive, online program that helps you adopt and maintain healthy lifestyle habits like good nutrition, stress management and regular exercise - all at no additional cost!

If you haven't done so already, start by registering (link below) to create a username and password. Then log in regularly to take advantage of all the great information, tools and trackers.

Register

If you're not a registered user of blueshieldca.com, you'll need to complete this step before you can get started.

[> REGISTER NOW](#)

If you haven't already registered, click on "Register Now"

Blueshieldca.com Member Log In

If you're already a blueshieldca.com member, please log in to begin your Wellness Assessment.

Username

Password

[> LOG IN](#)

[Username Help](#) | [Password Help](#)

If you're already registered just log in by entering your username and password.



Internet



You'll need your Blue Shield ID number from your member ID card to register.

For help... day-Friday, 8 a.m. to 5:30 p.m. PST.

Fields marked with an asterisk * are required.

Enter Subscriber ID

To begin, please enter the ID Number from your membership card and your date of birth.

ID Number : XEHJ12345678

* Date of Birth : 05 / 01 / 1960



CANCEL REGISTRATION

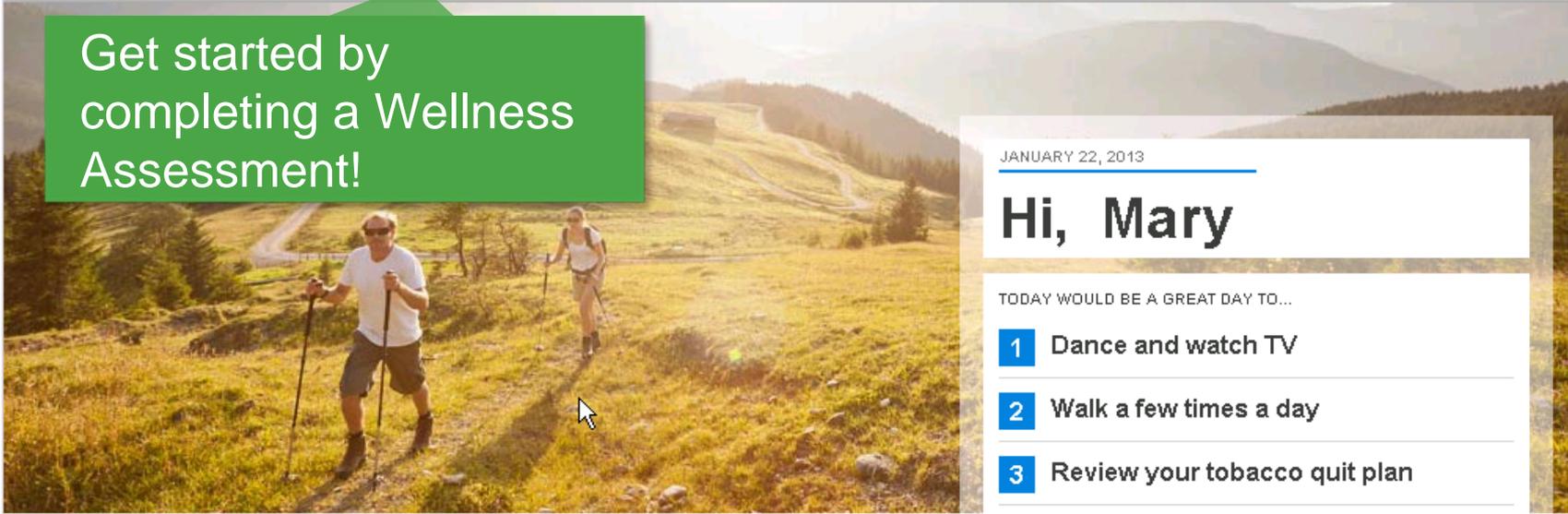
CONTINUE

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healthy lifestyle rewards

HOME MY ACTIVITIES WELLNESS ASSESSMENT INFORMATION CENTERS HEALTH TOOLS

Get started by completing a Wellness Assessment!



JANUARY 22, 2013

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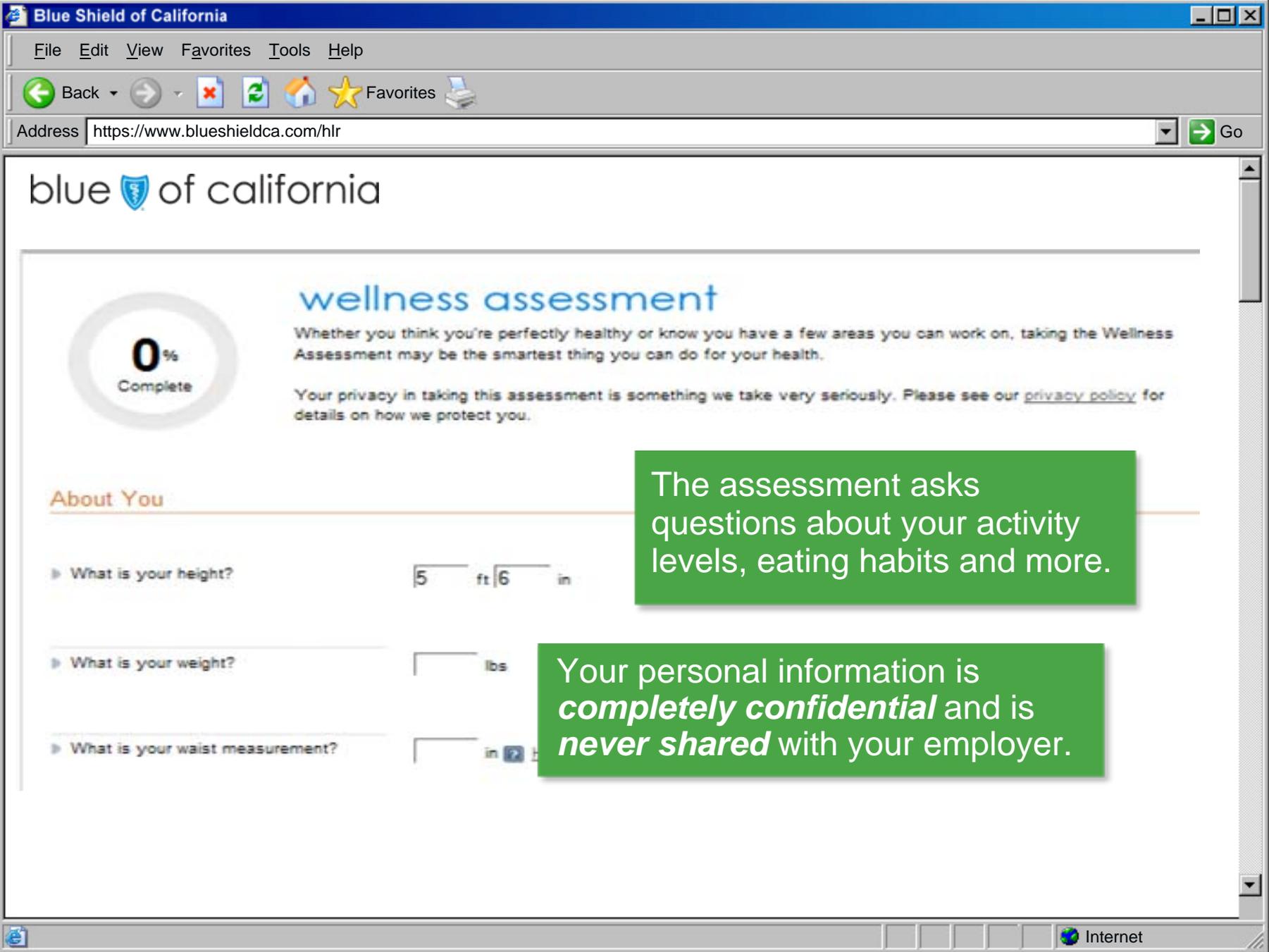
News For You

News & Support Articles

Videos

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Secure Messages: 0 New



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wellness assessment

Whether you think you're perfectly healthy or know you have a few areas you can work on, taking the Wellness Assessment may be the smartest thing you can do for your health.

Your privacy in taking this assessment is something we take very seriously. Please see our [privacy policy](#) for details on how we protect you.

About You

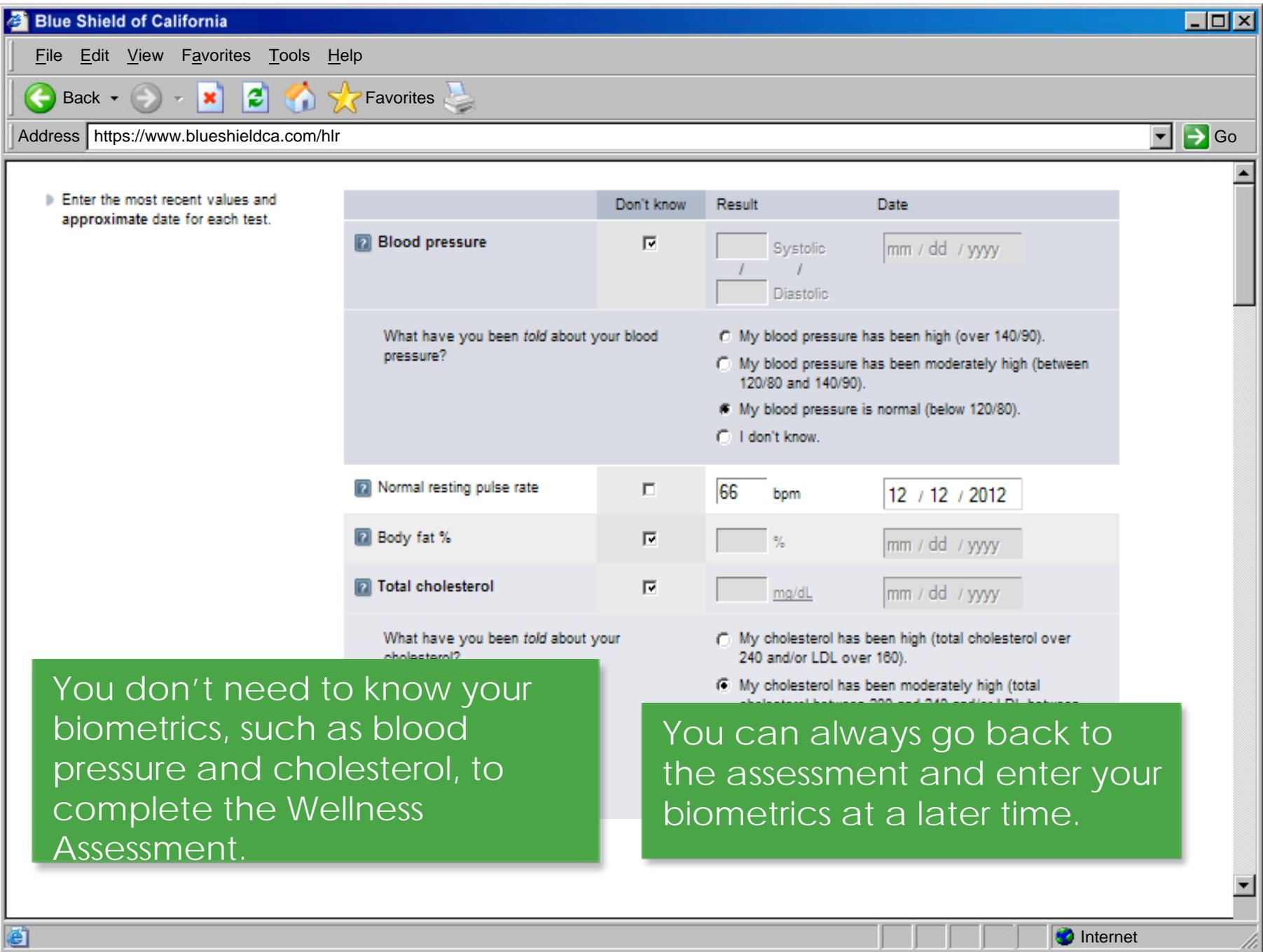
» What is your height? ft in

» What is your weight? lbs

» What is your waist measurement? in

The assessment asks questions about your activity levels, eating habits and more.

Your personal information is **completely confidential** and is **never shared** with your employer.



▶ Enter the most recent values and approximate date for each test.

	Don't know	Result	Date
<input type="checkbox"/> Blood pressure	<input checked="" type="checkbox"/>	<input type="text"/> Systolic / <input type="text"/> Diastolic	<input type="text"/> mm / dd / yyyy
What have you been told about your blood pressure?		<input type="radio"/> My blood pressure has been high (over 140/90). <input type="radio"/> My blood pressure has been moderately high (between 120/80 and 140/90). <input checked="" type="radio"/> My blood pressure is normal (below 120/80). <input type="radio"/> I don't know.	
<input type="checkbox"/> Normal resting pulse rate	<input type="checkbox"/>	<input type="text"/> 66 bpm	<input type="text"/> 12 / 12 / 2012
<input type="checkbox"/> Body fat %	<input checked="" type="checkbox"/>	<input type="text"/> %	<input type="text"/> mm / dd / yyyy
<input type="checkbox"/> Total cholesterol	<input checked="" type="checkbox"/>	<input type="text"/> mg/dL	<input type="text"/> mm / dd / yyyy
What have you been told about your cholesterol?		<input type="radio"/> My cholesterol has been high (total cholesterol over 240 and/or LDL over 160). <input checked="" type="radio"/> My cholesterol has been moderately high (total cholesterol between 200 and 240 and/or LDL between 130 and 160).	

You don't need to know your biometrics, such as blood pressure and cholesterol, to complete the Wellness Assessment.

You can always go back to the assessment and enter your biometrics at a later time.

You can monitor your progress by radio dials that show how much further you have until you complete the Wellness Assessment.



HEALTH INFORMATION BENEFITS & COSTS CARE & MEDICATIONS

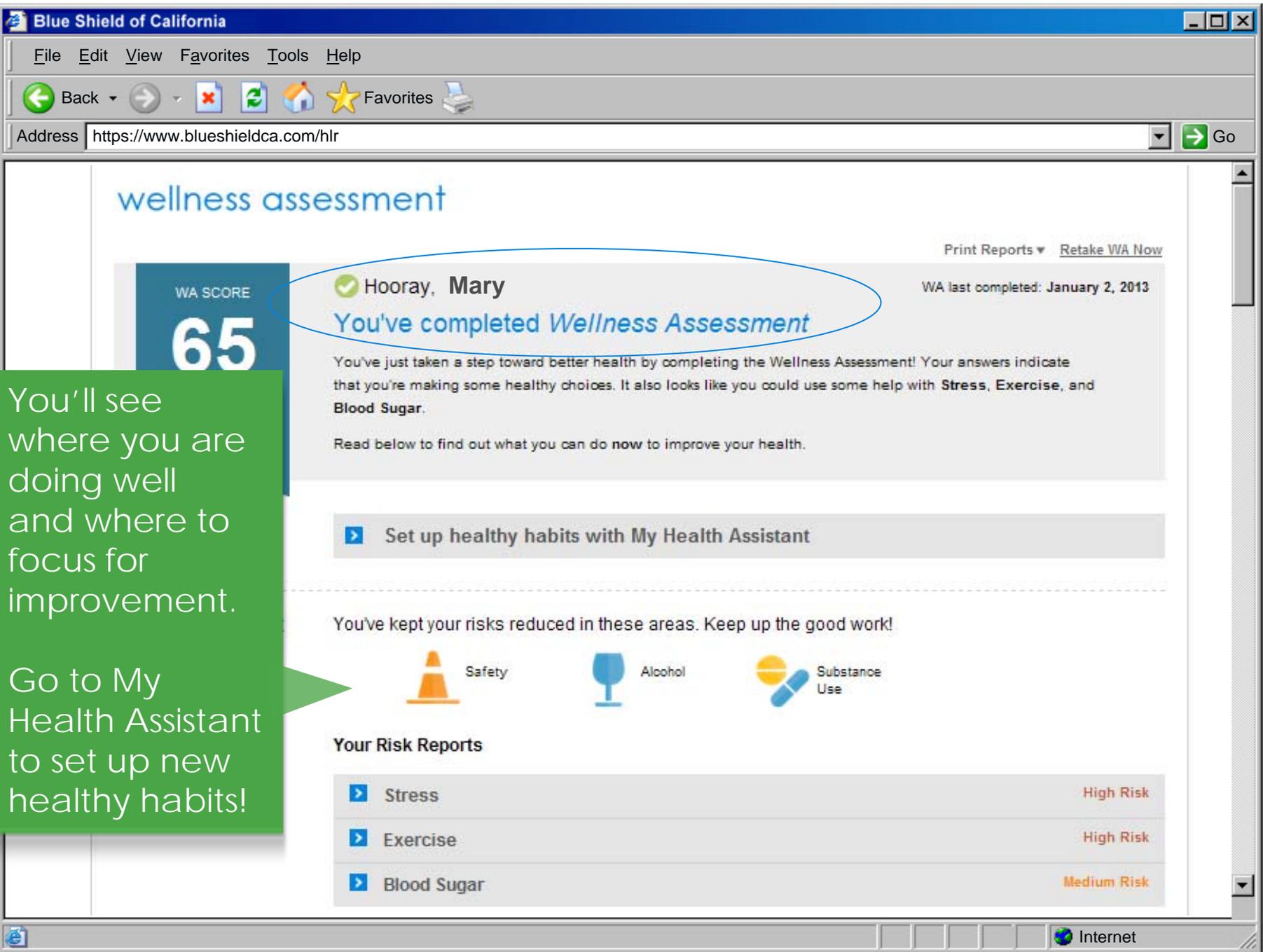
How healthy are you? You have a few areas you can work on, taking the HealthQuotient can do for your health.

Something we take very seriously. Please see our privacy policy for details on

Rewards (check status)

Has a doctor ever diagnosed you with any of the following?

	Yes	No
Allergies	<input type="radio"/>	<input checked="" type="radio"/>
Arthritis	<input type="radio"/>	<input checked="" type="radio"/>
Asthma	<input checked="" type="radio"/>	<input type="radio"/>
Approximate date first diagnosed?	mm / dd / yyyy	
Are you currently being treated?	<input type="radio"/>	<input checked="" type="radio"/>
Chronic back pain	<input type="radio"/>	<input checked="" type="radio"/>
Chronic neck pain	<input type="radio"/>	<input checked="" type="radio"/>
Colon polyps	<input type="radio"/>	<input checked="" type="radio"/>
Congestive heart failure	<input type="radio"/>	<input checked="" type="radio"/>
COPD or emphysema	<input type="radio"/>	<input checked="" type="radio"/>
Depression	<input type="radio"/>	<input checked="" type="radio"/>
Diabetes Type 1	<input type="radio"/>	<input checked="" type="radio"/>
Diabetes Type 2	<input checked="" type="radio"/>	<input type="radio"/>
Approximate date first diagnosed?	mm / dd / yyyy	
Do you currently have symptoms?	<input checked="" type="radio"/>	<input type="radio"/>
Are you currently being treated?	<input type="radio"/>	<input checked="" type="radio"/>



wellness assessment

Print Reports ▾ [Retake WA Now](#)

WA last completed: January 2, 2013

WA SCORE

65

✓ Hooray, **Mary**

You've completed *Wellness Assessment*

You've just taken a step toward better health by completing the Wellness Assessment! Your answers indicate that you're making some healthy choices. It also looks like you could use some help with **Stress, Exercise, and Blood Sugar**.

Read below to find out what you can do now to improve your health.

▶ Set up healthy habits with My Health Assistant

You've kept your risks reduced in these areas. Keep up the good work!



Safety



Alcohol



Substance Use

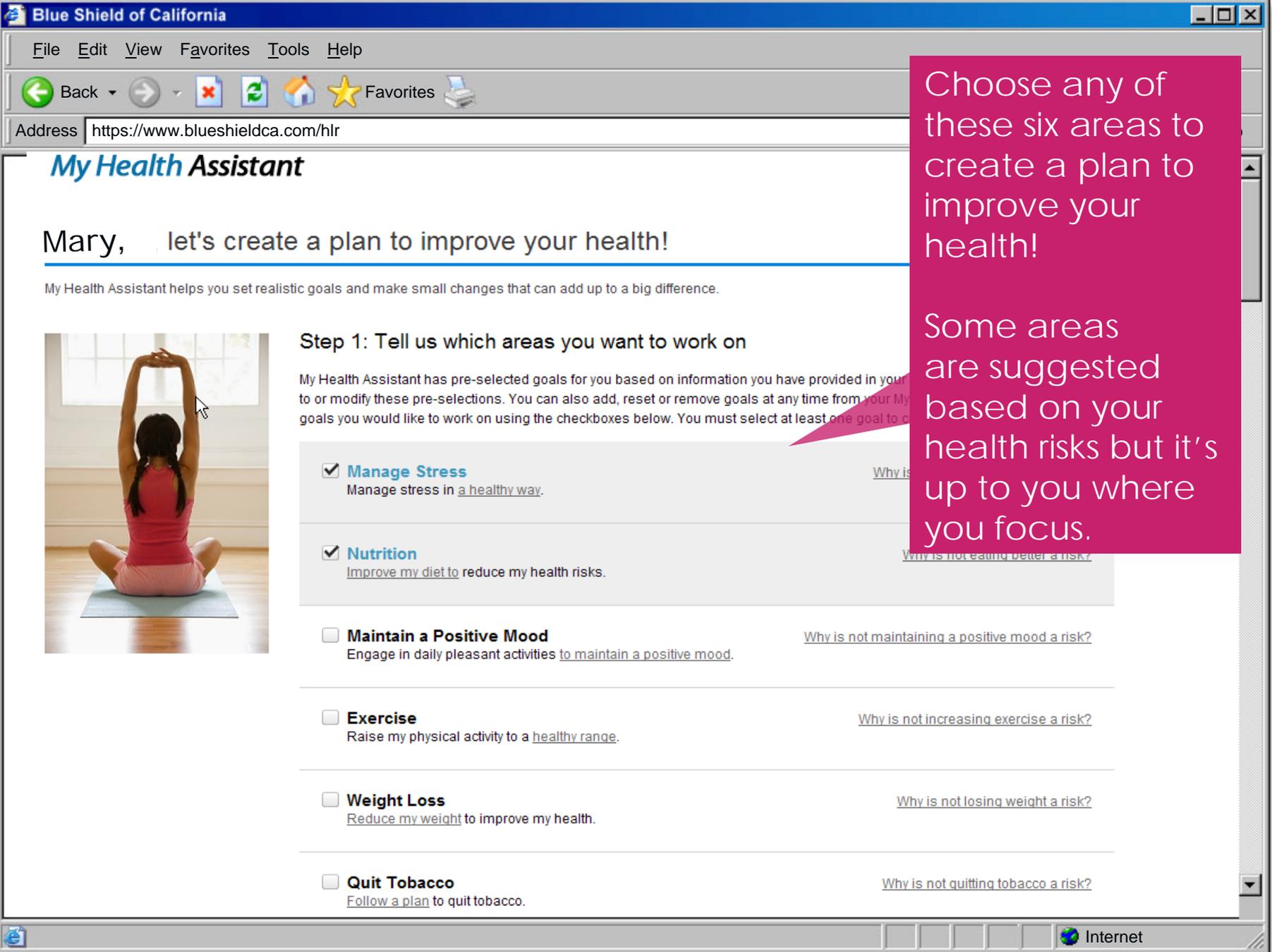
Your Risk Reports

▶ Stress	High Risk
▶ Exercise	High Risk
▶ Blood Sugar	Medium Risk

You'll see where you are doing well and where to focus for improvement.

Go to My Health Assistant to set up new healthy habits!

use your My Health Assistant
and other tools to reach
your health goals!



My Health Assistant

Mary, let's create a plan to improve your health!

My Health Assistant helps you set realistic goals and make small changes that can add up to a big difference.



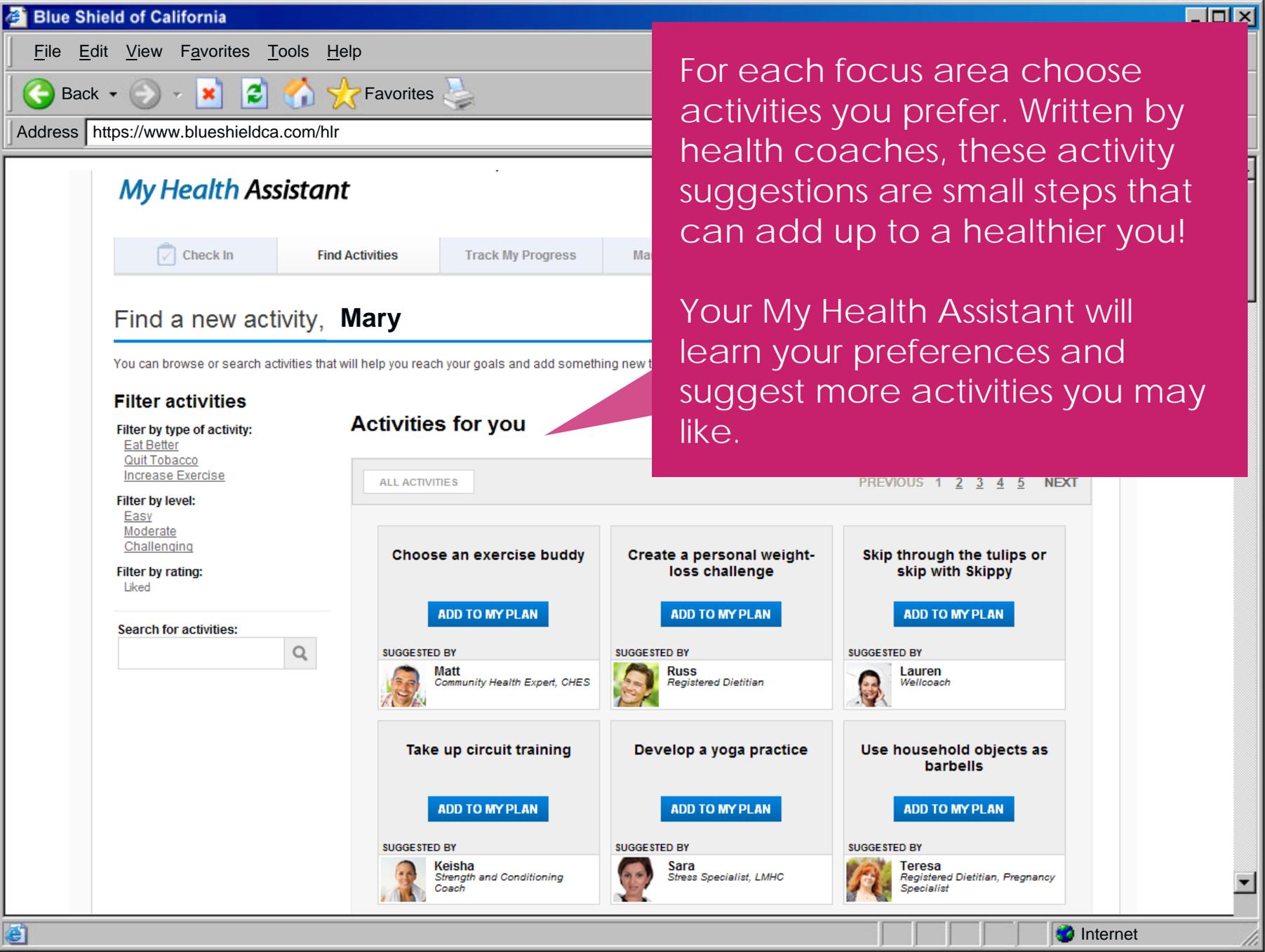
Step 1: Tell us which areas you want to work on

My Health Assistant has pre-selected goals for you based on information you have provided in your profile. You can view, add, reset or remove goals at any time from your My Health Assistant page. You must select at least one goal to work on using the checkboxes below.

- Manage Stress** [Why is not managing stress a risk?](#)
Manage stress in [a healthy way](#).
- Nutrition** [Why is not eating better a risk?](#)
[Improve my diet](#) to reduce my health risks.
- Maintain a Positive Mood** [Why is not maintaining a positive mood a risk?](#)
Engage in daily pleasant activities [to maintain a positive mood](#).
- Exercise** [Why is not increasing exercise a risk?](#)
Raise my physical activity to a [healthy range](#).
- Weight Loss** [Why is not losing weight a risk?](#)
[Reduce my weight](#) to improve my health.
- Quit Tobacco** [Why is not quitting tobacco a risk?](#)
[Follow a plan](#) to quit tobacco.

Choose any of these six areas to create a plan to improve your health!

Some areas are suggested based on your health risks but it's up to you where you focus.



For each focus area choose activities you prefer. Written by health coaches, these activity suggestions are small steps that can add up to a healthier you!

Your My Health Assistant will learn your preferences and suggest more activities you may like.

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Address <https://www.blueshieldca.com/hlr> Go

My Health Assistant

Check In Find Activities Track My Progress Manage My Goals Learn More Plan of Care

Weekly Progress

Hi, Mary

17% Complete

Check in for Dec 30 - Jan 5 [See other weeks](#)

Notifications (1)



My activities Find A New Activity

Days To Complete This Week

- Dance and watch TV
- Walk a few times a day
- Review your tobacco quit plan
- Create or review your personal Tobacco Quit Plan

While watching TV, dance around, especially during any singing and dance performances. Do 5 minutes of dancing during televised musical interludes. [View Source](#)

Suggested By
Lauren Wellcoach

[Modify](#)

My Mood For Monday

😊 😊 😞 😞
Okay [View Trend](#)

How I Ate Monday

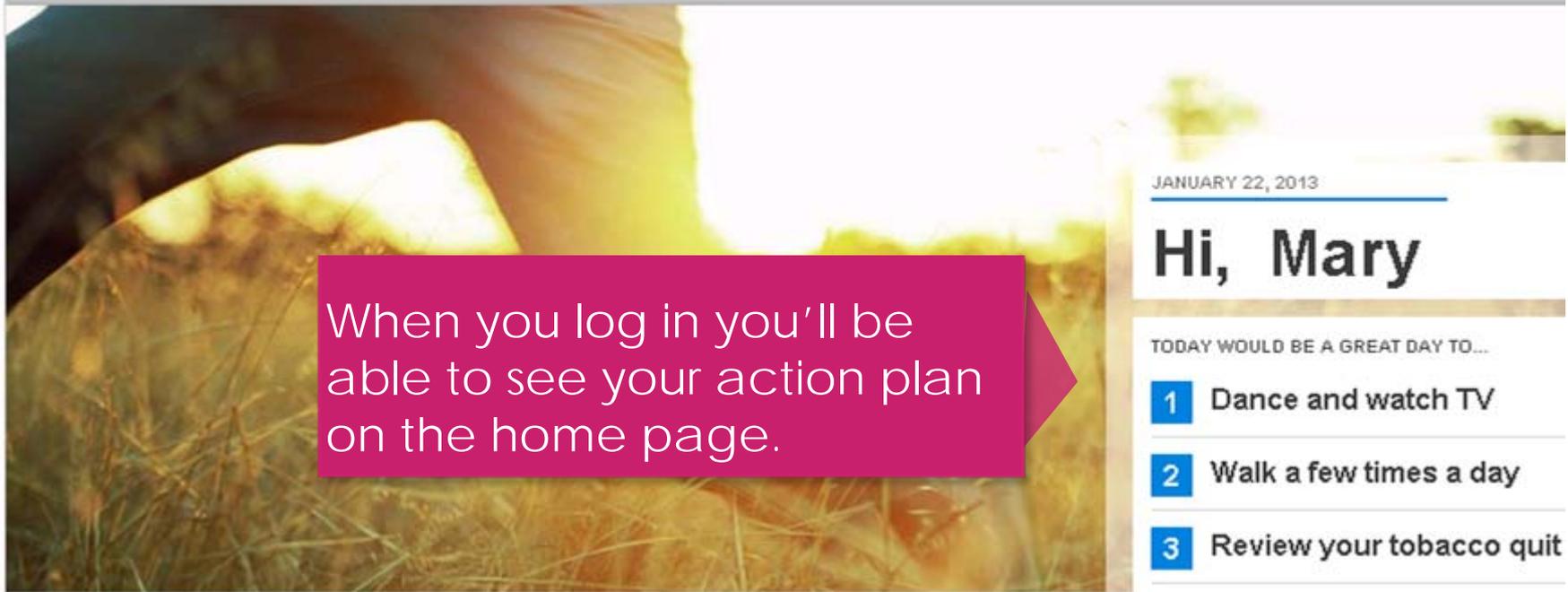
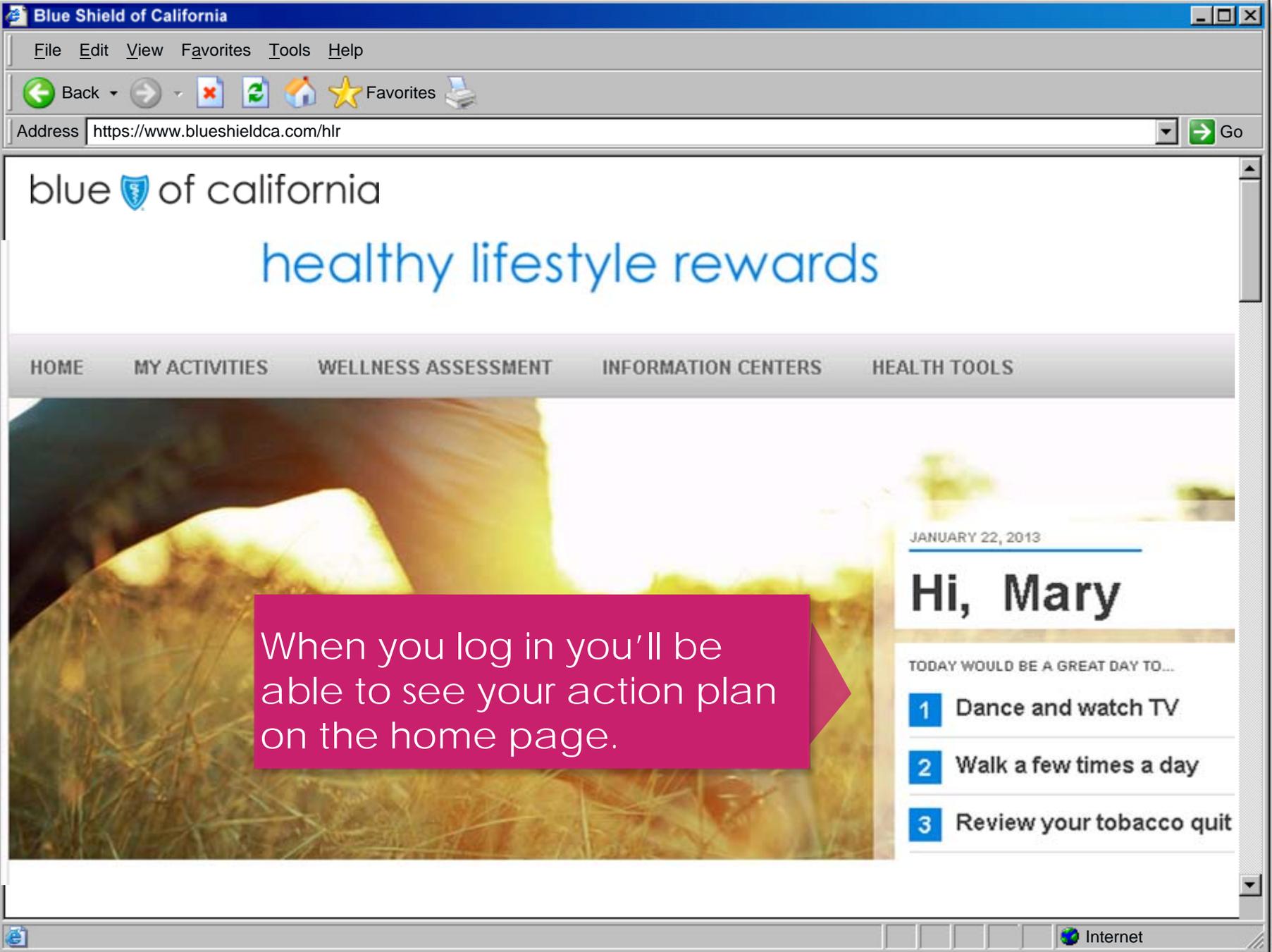
🍏 🍏 🍏 [View Trend](#)

My Tobacco Use Monday

— times used

Record and track progress with your selected activities on a weekly basis and view how you are doing.

At the same time you can check in on your mood, tobacco use, nutrition and exercise.



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When you log in you'll be able to see your action plan on the home page.



information centers: lobby

Learn more about the lifestyle behaviors that can make you more likely to develop serious health conditions, along with practical ways you can make better choices for a healthy future.

Get the latest news that affects your health

Get stress news.

Check up on your Blood Pressure Exchange

Stay up to date on stress.

Welcome

Alcohol Use

Blood Pressure

Blood Sugar

Cholesterol

Emotional Wellness

Exercise

Nutrition

Safety

Stress

Substance Use

Tobacco Use

Weight

Ready to take the next step toward a healthier life? Launch the Information Center that's recommended just for you.

What are Information Centers?

To support you in your efforts to improve and maintain your health, Information Centers provide helpful information, resources, and tools that can help you tackle your most important health challenges. You'll receive the information you need now to achieve a healthy future.

The resources provided are tailored to you and your needs, based on the answers you've provided in Wellness Assessment. You can learn more about the specific programs for you, and you can enroll in the programs of your choice. You're sure to find a topic of interest to you, including Alcohol Use, Blood Pressure, Blood Sugar, Cholesterol, Emotional Wellness, Exercise, Nutrition, Safety, Stress, Substance Use, and Tobacco Use.

Find answers to your general health questions with information centers recommended just for you.

Recipes



Another health tool is Recipes.

Recipes

Looking for great-tasting, healthy dishes? Our recipes make it easy to meet your nutritional needs. Each recipe includes nutritional information, healthy ingredients, and helpful preparation tips.

- Recipes Home
- Appetizers
- Beverages
- Breads and Muffins
- Breakfast
- Desserts
- Entrees
- Salads
- Sauces and Gravies
- Soups, Sandwiches, Pizza
- Vegetables and Side Dishes

Appetizers

- [BBQ Chicken Pizza Snack Wedges](#)
- [Curried Chicken Finger Tea Sandwiches](#)
- [Holiday Tortelloni with Red and Green Dip](#)
- [Strawberry-Orange Spritzer](#)
- [Veggie Fingers Platter](#)

[All Appetizers](#)

Beverages

- [Apricot Tree Drink](#)
- [Choco-Nana Milk Mixer](#)
- [Fresh Fruit Pudding Milk](#)
- [Pom'elos](#)
- [Tofu Strawberry-Banana Smoothie](#)

[All Beverages](#)

Entrees

- [Apricot-Orange Grilled Tenderloin](#)
- [Chicken Breast with Ricotta and Parmesan](#)

Select from a wide variety of delicious and healthy recipes complete with nutritional information and helpful preparation tips.

- [Insalata Caprese \(Pasta Salad\)](#)
- [Spinach Salad](#)
- [Vegetarian Taco Salad](#)

Exactly what you want it to be.
Healthy Lifestyle Rewards is . . .

interactive

personalized

**Healthy Lifestyle
Rewards is your
one-stop,
personal health
assistant
available 24/7!**

confidential

convenient

