



How's Your Health?

Find out with the HealthQuotient at BeHealthy.com

To access the HealthQuotient:
Sign in at www.behealthy.com.

The screenshot shows the BeHealthy.com homepage. At the top, it says "A part of the For Your Health® program" and "Blue Cross BlueShield of Alabama". Navigation links include "Home", "What's Be Healthy?", "Why Register?", "Other Health Resources", and "Contact Us". There are three main sections: "Why Be Healthy?" with a woman holding an apple, "Blue Cross Customers" with a registration form for "myBlueCross" and "I have already registered" options, and "Guests" with a "Get Free Health Information NOW" button.

Click "HealthQuotient" under Health Tools.

The screenshot shows the "Health Tools" menu on the BeHealthy.com website. The menu items are: Health Tools, HealthQuotient (HQ), Symptom Checker, Fitness - LEAP, Nutrition, Stop Smoking, Pregnancy, Topics A-Z, Dental Resource Center, Condition Centers, and Tools and Calculators. Below the menu, there is a "My Health Guide" section with recommendations based on a health profile, including "Getting Started" and "News For You".

"How are you?" That's a question we're asked numerous times each day. The typical response is, "Fine," or "Good." But how are we **really**? Our overall health and well-being impacts our quality of life. Determining where we stand when it comes to our health is the first step towards 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 BeHealthy web site, powered by WebMD®.

The HealthQuotient can help identify areas of your life that may be negatively impacting your health. Identifying these areas will help you determine what you need to focus on to improve your health.



After completing the HealthQuotient, you'll receive an online personal health report based on your answers. The report gives you an overall health score and provides personalized information to help reduce your risk of developing certain diseases. Completing the HealthQuotient helps personalize the BeHealthy web site to meet your needs. And since BeHealthy.com is a secure web site, you can rest assured that your information is private and confidential.

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



BlueCross BlueShield of Alabama

An Independent Licensee of the Blue Cross and Blue Shield Association.

BeHealthy.com is a wellness web site offered by Blue Cross and Blue Shield of Alabama and powered by WebMD, an independent company.