It’s easier than you think!
CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (CareFirst) can help you, and your eligible dependents ages 18 and older, improve your health and wellness. And best of all, the program is designed to make the process a natural part of your daily routine. You can:

- Lower your risk for health issues and disease, so you can lead a longer and more fulfilling life.
- Enjoy activities with your family.
- Gain the energy to accomplish more.

Whatever your goal, put a practical plan in motion in just a few easy steps.

Start the momentum with your Health Assessment.
Making healthy decisions today is valuable both now and in the future. A key tool for providing valuable insight into your current lifestyle and health risks is a Health Assessment — a confidential questionnaire about your stress level, nutrition, physical activity, tobacco use, seat-belt use and other health-related aspects of your lifestyle. This voluntary survey is scientifically designed to measure all factors affecting your health.

The assessment is free and takes about 15 minutes to complete. Upon completion, you can review a personalized report that provides an immediate picture of your current health status along with recommendations for making improvements.

Take action on a personalized plan.
After taking the Health Assessment, you can participate in Online Health Coaching to develop a personal action plan. Need support to lose weight, get more sleep, lower your blood pressure or reduce pain symptoms? An Online Health Coach can help.

Online Health Coaching begins with an in-depth consultation that asks you questions about your personal situation, your motivation to deal with health issues, your self-confidence and what you perceive to be barriers to success. Then, Online Health Coaching creates a personal action plan designed just for you.
Move forward with support from a personal coach.

Based on your Health Assessment results, you may also be invited to participate in Telephonic Health Coaching. Imagine breaking free of the things that hold you back from achieving your health goals. Sound good? You can do it when you use the power inside you. A personal health coach can help you focus your personal power to change for the better.

Telephonic Health Coaching connects you with a personal coach, who provides individualized, confidential and professional attention to craft a plan that works specifically for you. Health Coaches can assist in the following lifestyle areas:

- Stress management
- Physical activity
- Healthy eating
- Smoking cessation
- Weight loss and management
- Blood pressure management
- Cholesterol management
- Diabetes prevention

With Telephonic Health Coaching, how you interact with your coach is as individual as you are. You can choose between Web, phone and/or print.

The place for health information and guidance.

Visit CareFirst’s health and wellness website at www.mycarefirst.com for 24/7 access to health news, videos, podcasts, tools and trackers.

Take charge with complete privacy.

CareFirst adheres to the highest privacy standards and ensures your personal health information is secure and protected. Additionally, all calls with Health Coaches and interactions with Online Health Coaching are documented in a secure, confidential database. Specific information is shared with your permission only.

Log into My Account at www.carefirst.com and click on the Manage My Health tab, then select Health Assessment and Coaching.

If you do not have Internet access, please call 866-454-5375 for a printed copy of the Health Assessment.