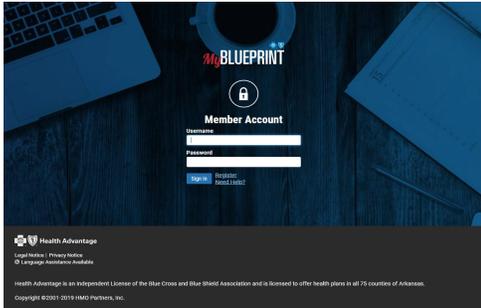


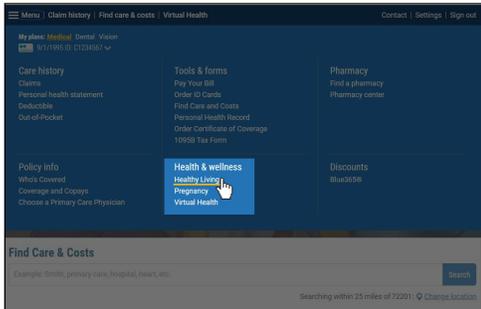
# Completing the Online Health Assessment

Starting 1/1/2019, the online health assessment must be completed through the Health Advantage My Blueprint portal. Members who need assistance accessing their My Blueprint account can contact Health Advantage at **1-800-482-8416**.

## Accessing the Online Health Assessment



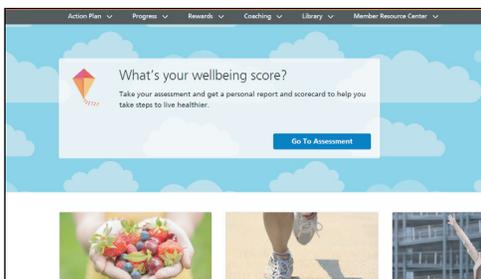
Go to [myblueprint.healthadvantage-hmo.com](http://myblueprint.healthadvantage-hmo.com), or click the Sign In icon on the Health Advantage homepage at [healthadvantage-hmo.com](http://healthadvantage-hmo.com) to sign in or create an account.



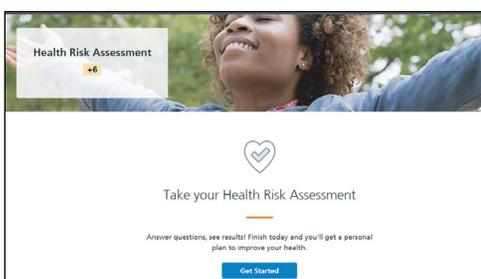
After accessing My Blueprint, go to the Health and Wellness tab and select Healthy Living.



Once the Healthy Living tab is selected, click the button to go to the HealthConnect Blue dashboard. The first time HealthConnect Blue is accessed, terms and conditions will need to be accepted on the next page.



After the terms and conditions are accepted, members will go to the HealthConnect Blue dashboard and can access the link for the online health assessment.



Upon completion of the health assessment, members will receive a personal plan to improve their health.

# Completing the Tobacco Cessation Requirement

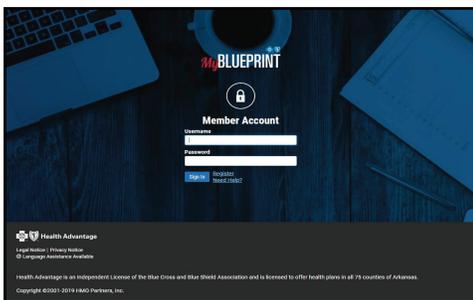
Members who test positive for nicotine will once again be able to successfully complete the wellness program by completing one of the tobacco cessation programs below by **10/31/19**.

## Telephonic Program Through New Directions Behavioral Health (EAP)

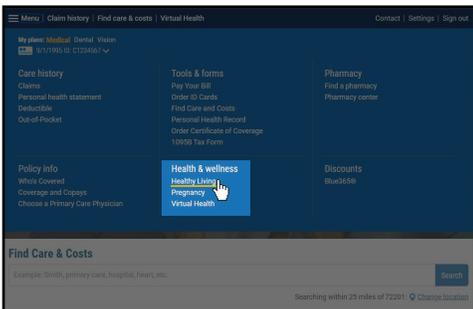
Members interested in utilizing the telephonic program can contact New Directions at **1-877-300-9103**. Members are required to complete their first official coaching session to satisfy the requirement. Completion of the coaching session entitles members to also receive nicotine replacement aids at no cost at the pharmacy. Nicotine replacement aids are only available to those who utilize the telephonic program.

## Online Program Through My Blueprint

Six-week course with modules that can be completed one week at a time. Members complete the requirement when they have completed all six modules. Members who need assistance accessing their My Blueprint account can contact Health Advantage at **1-800-482-8416**.



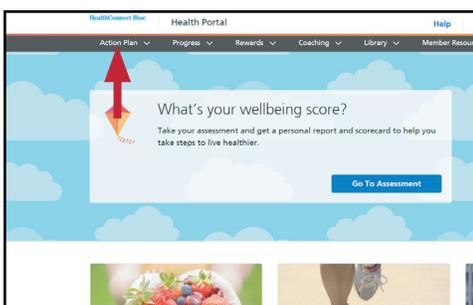
Go to [myblueprint.healthadvantage-hmo.com](http://myblueprint.healthadvantage-hmo.com), or click the Sign In icon on the Health Advantage homepage at [healthadvantage-hmo.com](http://healthadvantage-hmo.com) to sign on or create an account.



After accessing My Blueprint, go to the Health and Wellness tab and select Healthy Living.

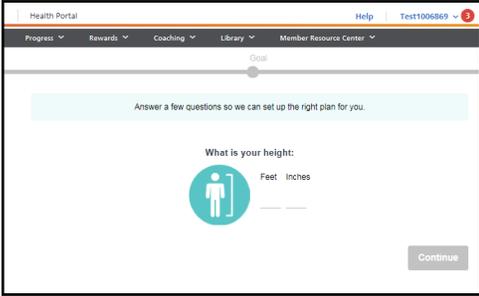


Once the Healthy Living tab is selected, click the button to go to the HealthConnect Blue dashboard. The first time HealthConnect Blue is accessed, terms and conditions will need to be accepted on the next page.

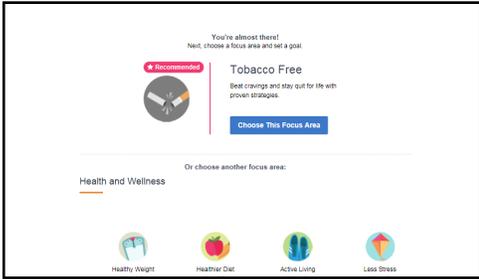


After accessing the HealthConnect Blue dashboard, select the Action Plan tab on the left side of the page and choose Active Goals, followed by the Get Started button.

# Completing the Tobacco Cessation Requirement



After the Get Started button is selected, members will complete a quick health update that will recommend focus areas. If a member includes they smoke in the health update, "Tobacco Free" should be the first focus area recommended.



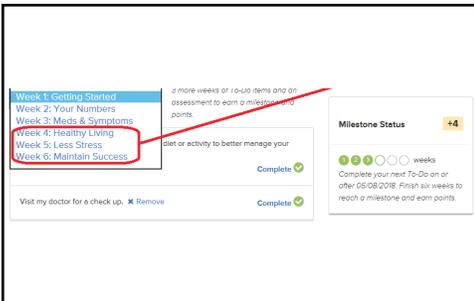
Select the "Tobacco Free" focus area to receive credit for completion.

Members can then Set their Goal and Go to Action Plan.

A drop down allows members to choose different areas of interest that will link to articles, videos, healthy conversations, and seminars from their chosen area.

Complete **ONE** "to-do" item from any of the drop down choices each week for 6 weeks to complete the program and requirement.

Members can complete as many "to-do" items as they choose, but only one per week will count towards completing the requirement.



When accessing the To-Do list, there is a drop down that allows members to review all the weeks available. This gives members the option to review activities they have completed, as well as ones upcoming.

To-Do items can be completed in any order.