

# Health portal

blueprint

Wellness

## Resources for living a healthier life

Healthy living is a combination of many things, including good nutrition, exercise, sleep, mindfulness, mental health and more.



You can create a personal plan for healthy living and find a host of free tools and resources on our health portal.



### Wellbeing assessment

Answer basic health questions to see a snapshot of your total health and wellness and the opportunity to set tangible goals to improve.



### Action plan

Create and manage wellness goals related to exercise, tobacco cessation, stress or other topics.



### Points tracker

See real-time progress toward wellness goals and earn credits for your wellness activities, milestones and challenges.



### Library

Browse a wide-ranging library of health information on various health and wellness topics, medical conditions, etc. Compare treatment options, medicines, use a symptom tracker and more.



### Coaching

Some health plans include coaching for tobacco cessation, lifestyle management or a 24/7 nurse line. Ask your health plan administrator if you're eligible.

**Talk to your health plan administrator to see what's available on your company's health plan.**

Interested in exploring the health portal? Log in to Blueprint Portal at [blueprintportal.com](https://blueprintportal.com), select **Health & Wellness** and then **Health portal** to access the site. Once there, take the assessment or explore other tools and resources available to you.



**Health Advantage**

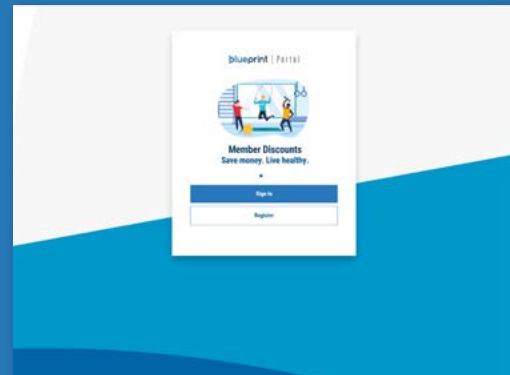
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# Not registered for Blueprint Portal?

1. Go to [blueprintportal.com](https://blueprintportal.com)
2. Select **Register**.
3. Follow the instructions. All you need is your:
  - Member ID or the last four digits of your Social Security number
  - Name
  - Date of birth



Blueprint Portal gives you access to the health portal, Blue365, claims information, ID cards and more.



## Deep discounts on health and wellness

Blue365® gives Blue Cross and Blue Shield members deals and discounts on healthy living.

- Log in to Blueprint Portal at [blueprintportal.com](https://blueprintportal.com)
- Choose **Healthy deals and discounts** (under Health & Wellness)
- Shop for workout gear, shoes, wearables, gym memberships, meal subscriptions and more

**Save money and live healthier with Blue365.**

