

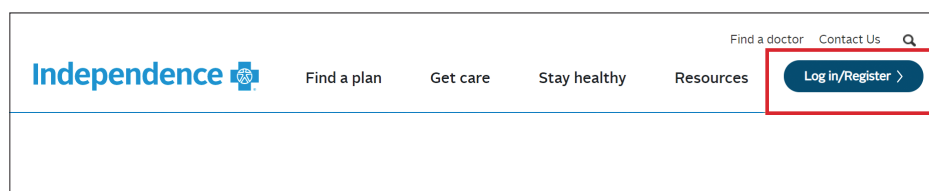
Get started by completing your Health Risk Assessment

What's preventing you from reaching your health goals? With motivating and personalized well-being tools from Independence Blue Cross, you can achieve your health and well-being goals in a way that is simple, easy, and fun.

To get started, you'll need to complete your Health Risk Assessment online! Here's how:

1. Register or log in at ibx.com.

If you have not logged in yet at ibx.com, you will need to register for a new username and password using your member ID number.

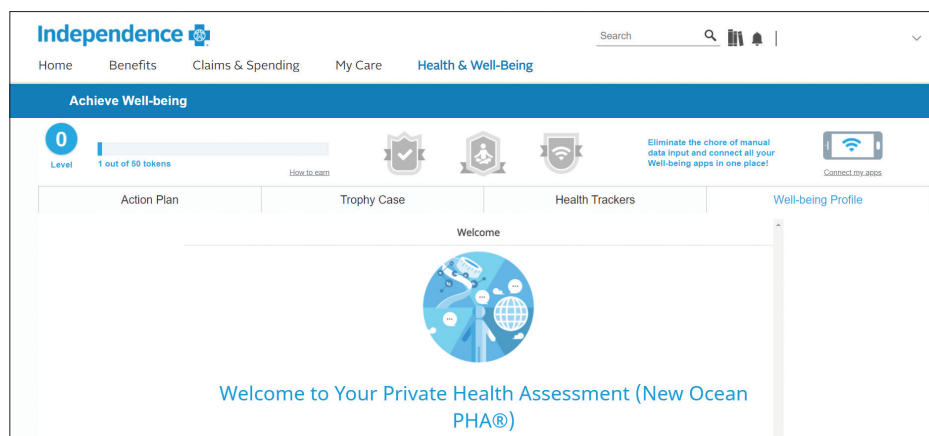


2. Click on *Health & Well-being* at the top and select *Complete my Well-being Profile*.



3. Complete your *Well-being Profile*.

Take your Private Health Risk Assessment.



Convenient tools make it easier to achieve your goals

Download the free IBX app for your Apple or Android device.



4. Answer the questions from all six sections of the assessment.

Finish your *Well-being Profile* and earn your first badge!

The screenshot shows the 'Independence' logo at the top left and a navigation bar with 'Home', 'Benefits', 'Claims & Spending', 'My Care', and 'Health & Well-Being'. The 'Health & Well-Being' section is active, displaying 'Achieve Well-being' with a progress bar (0 Level, 1 out of 50 tokens) and three achievement badges. Below the progress bar are four tabs: 'Action Plan', 'Trophy Case', 'Health Trackers', and 'Well-being Profile'. The 'Well-being Profile' tab is selected, showing a list of six assessment sections, each with a 'START NOW' button: 'The Basics', 'You, By The Numbers', 'Your Past', 'Your Future', 'What's On your Mind', and 'Your Daily Habits'. A 'Connect my apps' button is visible in the top right corner.

5. Develop an action plan.

Select the *Action Plan* tab.
Then, click *Add New*.

The screenshot shows the 'Independence' logo at the top left and a navigation bar with 'Home', 'Benefits', 'Claims & Spending', 'My Care', and 'Health & Well-Being'. The 'Health & Well-Being' section is active, displaying 'Achieve Well-being' with a progress bar (0 Level, 1 out of 50 tokens) and three achievement badges. Below the progress bar are four tabs: 'Action Plan', 'Trophy Case', 'Health Trackers', and 'Well-being Profile'. The 'Action Plan' tab is selected, showing 'Today's Activities' with a 'Achieve these activity goals to earn tokens' message. In the top right corner, an 'Add New' button is highlighted with a red box. Below the 'Add New' button is a large orange banner with a photo of a man using a laptop and the text 'Your Well-being Profile Results Are In! Find out where you're doing well and where you could make some healthy changes. View the results now.' with a 'Learn More' button.

6. Choose programs and challenges that align with your wellness goals.

Start New

STEP 1
What would you like to start?

☐ Programs


☐ Challenges


Start a new Program


Create a Challenge


STEP 2 OF 5
What focus would you like to work on?


Recommended for you


 Nutrition


 Physical Activity

 Sleep

 Emotional Well-Being


 Stress Management


 COVID-19


 Financial Well-Being


Feedback

STEP 2 OF 6
What focus would you like to work on?

 Nutrition

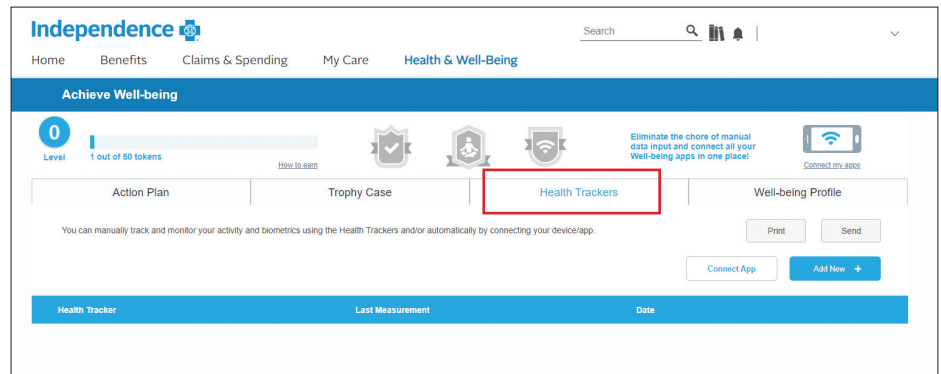
 Physical Activity

 Sleep

 Stress Management

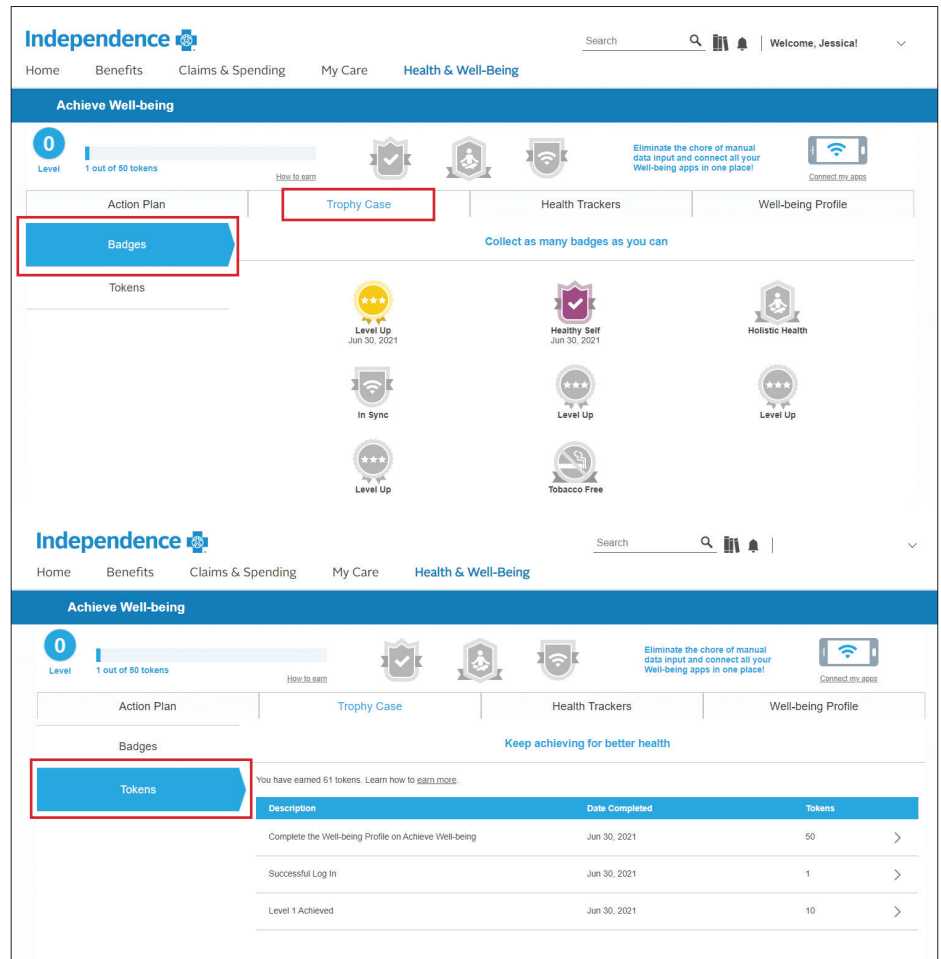
Feedback

7. Track your activity level with Health Trackers.



8. Stay motivated.

Achieve your goals by earning tokens and badges in your trophy case.



Contact Customer Service with any questions at
1-800-ASK-BLUE (TTY: 711).