## Empire Blue Cross Blue Shield – Health Assessment

https://www.empireblue.com/

Please go to the above website, and create an account – if you have already created an account then just log in.

Once logged in, in the top left hand corner there is a tab labeled *My Health Dashboard* – hover over that to expand the drop down menu. Once that drop down menu is visible, click on *Programs*

Once on the *Programs* page scroll down a bit to the *WebMD Health Risk Assessment* card under Additional Programs. And in the bottom right hand corner please click on *Learn More*



## Additional Programs

### Case Management

Receive personalized support and care coordination following an illness or hospitalization.

📞 800-563-5909     💬 Chat     ⊕ Learn more

### 24/7 NurseLine

Consult with a registered nurse around the clock to discuss your health concerns.

📞 800-337-4770     💬 Chat     ⊕ Learn more

### Preventive Health Guidelines

Stay on top of your recommended screenings and vaccines based on your age and gender.

⊕ Learn more

### WebMD Health Risk Assessment

Want to be more energetic? Happier? More balanced? Your assessment is here to help create a plan.

⊕ Learn more

After clicking on *Learn More*, you will be brought to Health Risk Assessment page where you will be able to complete/update your assessment by clicking on *Start your assessment.*