

BE
Well

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My HealthCenter

User ID

Password



**BlueCross
BlueShield
of North Dakota**

*An independent licensee of the
Blue Cross & Blue Shield Association*

Know Your Numbers

When taking your Health Assessment, it's important to "Know Your Numbers." This information ensures your Health Assessment is accurate and reliable. If you do not know your numbers, you may still complete the Health Assessment; however, the integrity of the report will be compromised. You might also wish to check if screening services are covered under your current health plan coverage. You may be able to take advantage of these benefits during your next check-up.

Record your personal health information on the back of this card.

DATE _____

CHOLESTEROL
HDL (good) _____

LDL (bad) _____

BLOOD PRESSURE
Systolic _____
(top number)

Diastolic _____
(bottom number)

BLOOD SUGAR
(Fasting) _____

HEIGHT _____

WEIGHT _____

Call your personal wellness assistant at 866-300-6949 if you need any help along the way.

Log on Today! MyHealthCenter.NDWellnessCenter.com

1. Go to MyHealthCenter.NDWellnessCenter.com.
2. Click on the “Not a Member” button.
3. Enter first name, last name, date of birth and BCBSND ID number.
4. Create your user ID and password. You may use this log-in card to record your personal log-in information.
5. Read and accept the *Authorization for Release of Information*.
6. Complete the Health Assessment on MyHealthCenter.

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