

**First e-mail (attach “The Personal Health Assessment” PDF )**

Dear NDPERS member,

Attached are instructions on how to take the Personal Health Assessment in MyHealthConnection, the Blue Cross Blue Shield of North Dakota (BCBSND) program to help you improve your personal health management.

The instructions explain how to activate your BCBSND Dialog Center account, if you haven't done so already. Once you're in the Dialog Center, you can take the online Personal Health Assessment whenever it's convenient for you.

The web site will generate your Personal Health Status report, a valuable document highlighting your overall health and potential risk factors. We suggest you print the report and discuss it with your doctor on your next visit.

Sincerely,

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