

# Embrace Change

## Achieve your health goals with

**My HealthCenter**

Do you want to lose weight, quit tobacco or just get in shape? MyHealthCenter from Blue Cross Blue Shield of North Dakota (BCBSND) can help you meet your personal goals by providing customized wellness plans, informative resources and premium services—all designed to teach you how to make more informed choices about your health.

The first step in enrollment is the completion of the program's myhealthIQ Health Assessment. The answers on the Health Assessment will be used to create a personal health report. This report not only provides an easy-to-understand explanation of the your health status and any health risk factors you may have, but it also helps create a personalized wellness solution!

By knowing and understanding your overall health, the program can provide you with a custom fitness and nutrition plan that recommends how long and often you should work out, what type of exercise to do, and how many calories to consume. If you use tobacco, you will be directed to the MyHealthCenter QuitNet® program, and receive access to counselors and the largest online community of “quitters.”

For help and motivation along the way, MyHealthCenter also provides 24-hour online coaching and access to more than 1,000 articles and recipes. Best of all, you will be rewarded for your healthy behavior with points that can be exchanged for valuable merchandise such as MP3 players, fitness equipment and gift cards!

If you need help along the way, a personal wellness assistant is available at 866-300-6949.

For more information about health and wellness, visit [NDWellnessCenter.com](http://NDWellnessCenter.com).



**As a member of the MyHealthCenter program, you will receive the following:**

### CUSTOMIZED PLANS

#### **Get FIT: Customized fitness plan**

- Provides exercise demonstrations
- Calculates amount of calories burned
- Accommodates individuals of all skill levels

#### **Eat FIT: Personalized nutrition plan**

- Recommends/tracks calories and food servings
- Suggests meals or allows you to create your own
- Presents daily menus and shopping lists

#### **Live FIT: Self-improvement plan**

- Instills a positive sense of life balance
- Helps effectively deal with life's challenges
- Provides stress and anxiety management

#### **Family FIT: Engage the whole family**

- Teaches proper nutrition and physical activity through kid-friendly tools and trackers
- Promotes healthy practices through games, quizzes and activities located in the Fun Zone
- Offers rewards and prizes for living a healthy lifestyle

### TOOLS & RESOURCES

#### **Resources: Online health and wellness resources**

- Includes more than 1,000 healthy, delicious recipes
- Offers a comprehensive library of health and wellness-related articles
- Allows you to view other member success stories or submit your own

#### **Online Personal Coaching: Interaction with health and wellness professionals**

- Provides 24-hour e-mail access to personal trainers, dietitians and psychologists
- Sends personalized responses via e-mail in 24 hours or less
- Delivers motivation, support and encouragement

## Virtual Trainer: A coach who conducts exercise demonstrations



- Teaches you how to properly execute each exercise to avoid injury
- Includes hundreds of cardiovascular, strength and flexibility exercises
- Provides spotting guidelines and helpful tips

## e-Tracker: A progress tracking tool



- Provides the ability to track personal goals and objectives on a daily, weekly and monthly basis
- Tracks weight, body fat and BMI automatically
- Presents personal progress in graph format

## PREMIUM SERVICES

In addition to the core online program, MyHealthCenter provides premium tools and services to those who qualify. If you are a tobacco user or have been identified as having high health risks, you are eligible for the following program:

### Tobacco Cessation by QuitNet®



Quitting tobacco is one of the BEST things you can do to improve your health and the health of those around you. If you desire to quit, you will have access to QuitNet, the leading Internet support program for smokers. It combines evidence-based methods of treating tobacco addiction

with a powerful and effective, individually controlled, confidential program that is available to members, anytime, anyplace. When you take part in the QuitNet, you will receive 24/7 support from others whose goal is to become tobacco-free. Plus, you will have access to cessation counselors and recommendations on effective stop-smoking (Nicotine Replacement Therapy) medications. Register online at [NDWellnessCenter.com](http://NDWellnessCenter.com), then log on to MyHealthCenter and click on the QuitNet tab.

*QuitNet is provided by Healthways, Inc., an independent company assisting in the administration of BCBSND's health and wellness program.*

## My HealthCenter

### Take control

Start living a healthier lifestyle today. Begin by taking the Health Assessment. Simply follow the registration steps below to log on to the MyHealthCenter program, click the Health Assessment tab located at the top of the web page and begin answering the questions. To view your report, you can go to [NDWellnessCenter.com](http://NDWellnessCenter.com), using your current user name and password to log in to MyHealthCenter.

### Getting started

Registration is easy and only requires a few minutes. By following these simple steps, you can begin creating your hand-picked wellness program.

1. Go to [NDWellnessCenter.com](http://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 user ID and password.
5. Read and accept the *Authorization for Release of Information*.
6. Complete the Health Assessment on MyHealthCenter.

If you need help along the way, a personal wellness assistant is available at **866-300-6949**.



**BlueCross  
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**800-342-4718 • [www.BCBSND.com](http://www.BCBSND.com)**