



HealthyBlue

It's time to take charge of your health



800-342-4718 • www.BCBSND.com

HealthyBlue is part of a comprehensive health and wellness platform, BlueElements, which focuses on six dimensions of well-being—physical, social, emotional, financial, professional and environmental.

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross & Blue Shield Association



BlueElements



The six health dimensions that affect well-being

Get information relevant to you

You will begin with an easy-to-complete health assessment, which results in a personalized report. You will then be introduced to health-related materials and activities that are specifically tailored to your health assessment answers in the following areas:

- Preventive health
- Exercise
- Safety behaviors
- Body mass index (BMI)
- Cholesterol
- Nutrition
- Emotional health
- Tobacco, drug and alcohol use
- Blood pressure

From there you will be able to navigate HealthyBlue's tools and resources to create a plan tailored to your individual lifestyle and wellness goals.

Some of the most popular features include:



Healthy eating assistance

- Find recipes related to your health goals
- Plan meals
- Create shopping lists
- Log food intake
- Access a complete nutrition library
- Contact a dietitian



Exercise tools

- Use existing cardio or strength training plans
- Create your own plan
- Connect your fitness device (Fitbit, Garmin, etc.)
- View exercise examples
- Log exercise
- Converse with a fitness trainer



Online workshops

- Disease prevention
- Smoking cessation
- Life balance
- Many others



Trackers

- Log changes in blood pressure, cholesterol and many other metrics
- See graphical representations of changes over time in each category



Mobile App

- Access your trackers on the go
- Participate in challenges
- Monitor medications and schedule reminders

Get started!

1. Go to HealthyBlueND.com
2. Choose "Not registered? Sign up now"
3. Complete registration and record your username and password
4. Complete your annual 15-minute health risk assessment and receive your personalized wellness plan

