

A new year has arrived. Is your health in the shape it needs to be in?

Blue Cross and Blue Shield of Kansas members have access to a tool that not only helps you understand your health, but also helps you set goals for tracking your health and wellness throughout the year. This tool is called a health assessment (HA). It is a WebMD® feature that we offer through [BlueAccess](#)®. By asking a series of questions about your current lifestyle, nutrition, exercise and more, the assessment generates a score based on your answers and also provides additional tips and resources to help you reach your goals and lead a healthier lifestyle.

Don't have a [BlueAccess](#) account? No problem! Visit bcbsks.com and click on register near the top center of our home page.

Once logged in, find the WebMD logo and go to "More Details." This will redirect you to WebMD's website. If you have never taken the HA before, you should immediately see "Take your Health Assessment." If you have taken it before and want to take it again, click on "Healthy Living," and the HA will be the first option listed.

This is an excellent tool to help you manage and maintain your health. Get started today!

BlueNews Team